

Wallingford Schools

September 2024



Lunch Price \$3.45

Free for those eligible for reduced priced lunch this school year, and Free for those eligible for free lunch

Lyman and Sheehan High School Menu

Website for Online Payments: <https://lingconnect.com/DBDL9D>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Welcome Back to Another Exciting School Year!</p>	<p>Please be sure to fill out the Free and reduced Lunch application for this school year!</p>	<p>Free and reduced priced lunch eligibility may also qualify students for school related benefits!</p>	<p>Chicken Nuggets! Honey Mustard Dipping Sauce Whole Grain Dinner Roll Sweet Corn Salad Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">29</p>	<p>Individual Cheese Pizza! Tossed Garden Salad Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">30</p>
<i>Daily Alternates:</i> Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
	<p>All Beef Hotdog on a Whole Grain Bun with Fresh Made Chili! Baked Crinkle Cut Fries Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">3</p>	<p>Mac and Cheese! Texas Toast Garlic Bread Steamed Broccoli or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">4</p>	<p>French Toast Sticks! With Syrup Chicken Sausage Patties Smile Fries or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">5</p>	<p>Stuffed Crust Pizza! Tossed Garden Salad or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">6</p>
<i>Daily Alternates:</i> Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
<p>Crispy Chicken Egg Rolls! With Orange Dipping Sauce Far East Vegetables or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">9</p>	<p>Bacon Cheeseburger on a Whole Grain Hard Roll! Baked Potato Wedges or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">10</p>	<p>Breaded Mozzarella Sticks! Marinara Sauce Tuscan Bean Salad or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">11</p>	<p>Dutch Waffle! With Syrup Chicken Sausage Patties Fresh Grape Tomato or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">12</p>	<p>Pizza Twisty Sticks! Pizza Sauce Tossed Garden Salad or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">13</p>
<i>Daily Alternates:</i> Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
<p>Whole Grain Breaded Mini Chicken Corn Dogs! Baked Beans or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">16</p>	<p>Whole Grain Breaded Chicken Tenders! Whole Grain Dinner Roll Mashed Potato & Gravy or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">17</p>	<p>Penne Pasta with Meatballs! Marinara Sauce Texas Toast Garlic Bread Cucumber & Tomato Salad or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">18</p>	<p>Sausage Egg & Cheese on a Whole Grain Croissant Sweet Potato Waffle Fries Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">19</p>	<p>French Bread Pizza! Tossed Garden Salad or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">20</p>
<i>Daily Alternates:</i> Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
<p>Far East Popcorn Chicken! Whole Grain Breaded Popcorn Chicken with Orange Sauce Served over Fried Rice California Vegetables or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">23</p>	<p>Taco Nachos! Chicken Taco Meat over Whole Grain Tortilla Chips Lettuce, Tomato, and Cheddar Cheese Mexican Corn Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">24</p>	<p>Meatball Grinder with Melted Mozzarella Cheese! Lemon Roasted Carrots or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">25</p>	<p>Whole Grain Pancakes! Syrup, Strawberries and Whipped Cream Chicken Sausage Patties Baked Beans or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">26</p>	<p>Fried Dough Pizza! Tossed Garden Salad or Fresh Vegi Choice Fresh or Chilled Fruit and Choice of Milk</p> <p style="text-align: right;">27</p>
<i>Daily Alternates:</i> Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				

Daily Alternates indicate main entrée alternative meals – All vegetable & fruit components listed with the main entree are offered with the alternate meals. Milk choices include Non-fat Chocolate, Skim, or 1%.

Call or e-mail us with questions or comments! Jim Bondi, Food Service Director at 203-294-5928 or at

jbondi@wallingfordschools.org

This Organization is an Equal Opportunity Employer!