

Wallingford Schools



December 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
Chicken Nuggets! With Boom-Boom Dipping Sauce! Whole Grain Dinner Roll Baked Spiral Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk	Far East Popcorn Chicken! Whole Grain Breaded Popcorn Chicken with Orange Sauce Served over Fried Rice California Vegetables or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk Fortune Cookie!	Whole Grain Breaded Mozzarella Sticks! Marinara Sauce Fresh Grape Tomato or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk	Sausage, Egg & Cheese on a Whole Grain Bagel! Taco Fiesta Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk	Pizza Crunchers! Mozzarella Cheese and Pizza Sauce Nestled in a Whole Grain Breaded Coating Tossed Garden Salad Or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
General TSO's Chicken! Stir Fried Rice Baked Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 9	Taco Nachos! Chicken Taco Meat over Whole Grain Tortilla Chips Lettuce, Tomato, and Cheddar Cheese Mexican Corn or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 10	PizzaBoli Calzone! Mozzarella Cheese and Pizza Sauce Wrapped in a Golden Sicilian Crust Pizza Green Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 11	Half Day! Eggo Waffles! With Syrup Chicken Sausage Patties Sweet Potato Waffle Fries Fresh or Chilled Fruit Choice of Milk 12	Pizza Taco Bites! Taco Sauce, Beef, and Mozzarella Cheese Wrapped in Whole Grain Triangles Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 13
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
Steak & Cheese Grinder with Onion, Peppers, and Cheese Sauce! Texas Ranchero Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 16	Breaded Fried Chicken! Garlic Knot Dinner Roll Mashed Potato & Gravy or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 17	Pasta with Meatballs! Marinara Sauce Texas Toast Garlic Bread Cucumber & Tomato Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 18	French Toast Sticks with Syrup! Chicken Sausage Patty Sweet Potato Wedges or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 19	Fried Dough Pizza! Tossed Garden Salad Fresh or Chilled Fruit and Choice of Milk 20
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
Holiday Recess!		Your Cafeteria Staff Members Wish You a Happy Holiday Season and a Joyous New Year!		
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
			Back To School! Dutch Waffle! With Syrup Chicken Sausage Patties Baked Smile Fries Fresh or Chilled Fruit and Choice of Milk 2	Individual Deep Dish Cheese Pizza! Sweet Corn Salad Fresh or Chilled Fruit and Choice of Milk 3
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich				

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!