

# Wallingford Schools

## May 2025



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
<b>Whole Grain Breaded Chicken Fingers</b> With Chickn-Dippin Sauce! Whole Grain Garlic Knot Roll Baked Spiral Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>28</b>	<b>Taco Nachos!</b> Chicken Taco Meat over Whole Grain Tortilla Chips Lettuce, Tomato, and Cheddar Cheese Refried Beans or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <b>29</b>	<b>Cheesy Mac &amp; Cheese!</b> Texas Toast Garlic Bread Fresh Steamed Broccoli or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>30</b>	<b>Southern Fried Chicken!</b> Corn Bread Sweet Potato Wedges or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>1</b>	<b>French Bread Pizza!</b> Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>2</b>
<b>Daily Alternates:</b> Fresh Made Pizza of the Day    Fresh Made Hot or Cold Sandwich    Fresh Made Chef Salad				
<b>Cheeseburger Calzone!</b> Taco Fiesta Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>5</b>	<b>Popcorn Chicken Bites!</b> Whole Grain Dinner Roll Honey Mustard Dipping Sauce Baked Waffle Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>6</b>	<b>Meatball Grinder!</b> Beef and Chicken Meatballs Nestled in a Whole Grain Grinder Roll with Marinara Sauce and Melted Mozzarella Cheese Fresh Grape Tomato or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <b>7</b>	<b>Chicken Egg Roll with Chicken and Vegetable Dumplings!</b> Sweet & Sour Dipping Sauce Stir Fry or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <b>8</b>	<b>Fried Dough Pizza!</b> Green Leaf tossed Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>9</b>
<b>Daily Alternates:</b> Fresh Made Pizza of the Day    Fresh Made Hot or Cold Sandwich    Fresh Made Chef Salad				
<b>Grilled Chicken Cordon Bleu!</b> Crispy Chicken Breast With Ham & Swiss Cheese on a Hard Roll Baked Crinkle Cut Fries or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <b>12</b>	<b>Pulled Pork over Nacho Chips!</b> Lettuce, Tomato, Cheddar Cheese, and Sour Cream Fresh Cut Red and Green Pepper Strips or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>13</b>	<b>Whole Grain Breaded Mozzarella Sticks!</b> Marinara Sauce Fresh Made Tomato and Cucumber Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>14</b>	<b>Buffalo Chicken Wings!</b> Boom-Boom Dipping Sauce Whole Grain Dinner Roll Sweet Potato Waffle Fries Or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <b>15</b>	<b>Individual Deep Dish Cheese Pizza!</b> Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>16</b>
<b>Daily Alternates:</b> Fresh Made Pizza of the Day    Fresh Made Hot or Cold Sandwich    Fresh Made Chef Salad				
<b>Bacon Cheeseburger on a Whole Grain Hard Roll!</b> Onion Rings Baked Potato Wedges or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>19</b>	<b>Walking Taco!</b> Chicken Taco Meat over Dorito Tortilla Chips Lettuce, Tomato, and Cheddar Cheese Texas Ranchero Beans or Fresh Veggie Choice Fresh & Chilled Fruit Choices, Choice of Milk <b>20</b>	<b>PizzaBoli Calzone!</b> Mozzarella Cheese and Pizza Sauce Wrapped in a Golden Sicilian Crust Fresh Cut Celery Sticks or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>21</b>	<b>Fresh Roasted Turkey!</b> With Gravy and Cranberry Sauce on a Whole Grain Hard Roll! Sweet Potato Fries Or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <b>22</b>	<b>Stuffed Crust Pizza!</b> Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>23</b>
<b>Daily Alternates:</b> Fresh Made Pizza of the Day    Fresh Made Hot or Cold Sandwich    Fresh Made Chef Salad				
<b>Memorial Day!</b>	<b>Mini Breaded Cheese Ravioli!</b> Whole Grain Dinner Roll Marinara Dipping Sauce Steamed Broccoli or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>27</b>	<b>Loaded Baked Potato!</b> With Chicken Taco Meat, Broccoli, Cheese Sauce & Sour Cream! Whole Grain Dinner Roll Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>28</b>	<b>General Tso's Chicken!</b> Over Stir Fried Rice Baked Tator Tots or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk <b>29</b>	<b>Pizza Twisty Sticks!</b> Pizza Sauce Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk <b>30</b>
<b>Daily Alternates:</b> 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

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