

Wallingford Schools

February 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
Chicken Egg Roll with Chicken and Vegetable Dumplings! Sweet & Sour Dipping Sauce Stir Fry Vegetables or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk Fortune Cookies! 3	Whole Grain Breaded Chicken Nuggets! BBQ Dipping Sauce Whole Grain Dinner Roll Baked Crinkle Cut Fries or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 4	Cheese Lasagna! with Marinara Sauce Texas Toast Garlic Bread Steamed Broccoli or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 5	All Beef Hotdog with Chili and Cheese Sauce! On a Whole Grain Bun Sweet Potato Wedge Fries or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 6	Super Bowl Lunch! Buffalo Chicken Wings! Boom Boom Dipping Sauce Chips & Salsa Texas Ranchero Beans Fresh or Chilled Fruit, and Choice of Milk 7
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
Fresh Made Sloppy Joe on a Whole Grain Hard Roll! Baked Spiral Fries or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 10	Chicken Enchilada! Chicken, Mozzarella Cheese, and Enchilada Sauce Wrapped in a Whole Grain Pocket Taco Fiesta Beans or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 11	Breaded Mozzarella Sticks! Marinara Sauce Fresh Cut Green Pepper Strips with Light Ranch Dressing or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 12	BBQ Pulled Pork! On a Whole Grain Grinder Roll Onion Rings Sweet Potato Waffle Fries or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 13	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 14
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
President's Day!	Winter Break Day!	Cheese Stuffed Shells! Marinara Sauce Garlic Bread Stick Fresh Made Tomato and Cucumber Salad Or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 19	General TSO's Chicken! Stir Fried Rice Crinkle Cut Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk Fortune Cookie! 20	Fried Dough Pizza! Tossed Garden Salad Or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 21
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
Bacon Cheeseburger on a Whole Grain Hard Roll! Onion Rings Baked Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 24	Far East Popcorn Chicken! Whole Grain Breaded Popcorn Chicken with Orange Sauce Served over Fried Rice Honey Ginger Carrots or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk Fortune Cookies! 25	Cheesy Mac & Cheese! Garlic Breadstick Fresh Cut Cucumbers with Light Ranch Dressing or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 26	Fresh Roasted Turkey! With Gravy and Cranberry Sauce on A Whole Grain Hard Roll! Baked Potato Wedges Or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 27	French Bread Pizza! Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 28
Daily Alternates: Fresh Made Pizza of the Day Fresh Made Hot or Cold Sandwich Fresh Made Chef Salad				
Oven Southern Fried Chicken! Whole Grain Dinner Roll Mashed Potato & Gravy or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 3	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 4	Meatball Grinder! Beef and Chicken Meatballs Nestled in a Whole Grain Grinder Roll with Marinara Sauce and Melted Mozzarella Cheese Italian Mixed Vegetables or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 5	Fresh Made Beef and Bean Chili With Cornbread! Texas Ranchero Beans or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 6	Pizza Twisty Sticks! Pizza Sauce Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit, and Choice of Milk 7
Daily Alternates: 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!