

Wallingford Schools

Lyman & Sheehan High School Menu- April 2024

Lunch Price \$3.45

Free for those eligible for reduced priced lunch this school year

Free for those eligible for Free lunch

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

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
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| <p>Breaded Chicken Patty Parmesan on a Whole Grain Roll! Baked Beans Fresh & Chilled Fruit Choices, and Choice of Milk Chef Salad not Available Today</p> <p style="text-align: right;">1</p> | <p>Bacon Cheeseburger on a Whole Grain Bun! Baked French Fries Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">2</p> | <p>Breaded Mozzarella Sticks! With Marinara Sauce Tomato & Cucumber Salad Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">3</p> | <p>Sausage, Egg & Cheese on a whole Grain Hard Roll! Fresh Cut Green Pepper Strips with Light Ranch Dressing Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">4</p> | <p>Stuffed Crust Cheesy Pizza! Tossed Garden Salad Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">5</p> |
| <p>Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day</p> | | | | |
| <h2 style="font-size: 2em;">Spring Break!</h2> | | | | |
| <p>Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day</p> | | | | |
| <p>Chicken Nuggets! Whole Grain Breaded Chicken Nuggets Whole Grain Dinner Roll California Vegetables Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">15</p> | <p>Whole Grain Breaded Mini Chicken Corn Dogs! Baked Beans Fresh or Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">16</p> | <p>Cheesy Mac & Cheese! Texas Toast Garlic Bread Steamed Broccoli Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">17</p> | <p>Dutch Waffle! With Syrup Chicken Sausage Patties Baked Tator Tots Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">18</p> | <p>Pizza Bites! Whole Grain Baked Pizza Dough Pockets Filled with Mozzarella Cheese and Served with Pizza Sauce Fresh Grape Tomato with Basil Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">19</p> |
| <p>Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day</p> | | | | |
| <p>All Beef Hotdog on a Whole Grain Bun! Cheese Sauce Baked Spiral Fries Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">22</p> | <p>Whole Grain Breaded Chicken Fingers! Whole Grain Dinner Roll Cowboy Bean Salad Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">23</p> | <p>Stuffed Shells With Marinara Sauce! Texas Toast Garlic Bread Italian Mixed Vegetables Fresh or Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">24</p> | <p>French Toast Sticks! With Syrup Chicken Sausage Patties Sweet Potato Waffle Fries Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">25</p> | <p>Pizza Sticks! Bread Sticks Stuffed with Mozzarella Cheese Pizza Sauce Tossed Garden Salad Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">26</p> |
| <p>Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day</p> | | | | |
| <p>Far East Popcorn Chicken! Whole Grain Breaded Popcorn Chicken with Orange Sauce Served over Fried Rice Far East Vegetables Fresh or Chilled Fruit, and Choice of Milk Fortune Cookie!</p> <p style="text-align: right;">29</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;">30</p> | <p>Meatball Grinder! Beef and Chicken Meatballs in Marinara Sauce, Nestled in A Whole Grain Grinder Roll Three Bean Salad Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">1</p> | <p>Pancakes With Syrup! Chicken Sausage Patties Sweet Potato Wedges Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">2</p> | <p>Individual Cheese Pizza! Tossed Garden Salad Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">3</p> |
| <p>Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day</p> | | | | |

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