

Wallingford Schools

Lyman & Sheehan High School Menu- February 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>
Steak & Cheese on a Whole Grain Grinder Roll! Fire Roasted Onions & Peppers Baked Spiral Fries Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">29</p>	Southern Fried Chicken! Bakery Fresh Dinner Roll BBQ Baked Beans Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">30</p>	Whole Grain Breaded Mozzarella Sticks! Marinara Sauce Pizza Green Beans Fresh & Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">31</p>	Whole Grain Belgian Waffle Sticks with Syrup! Chicken Sausage Patties Honey Ginger Carrots Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">1</p>	French Bread Pizza! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">2</p>
Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day				
All Beef Hotdog on a Whole Grain Bun! With Chili & Cheese Sauce Baked Tator Tots Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">5</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 style="text-align: right;">6</p>	PizzaBoli! Mozzarella Cheese and Pizza Sauce Wrapped in Crispy Whole Grain Pizza Dough! Fresh Made Cucumber & Tomato Salad Fresh or Chilled Fruit, Choice of Milk <p style="text-align: right;">7</p>	Dutch Waffle! With Syrup Chicken Sausage Patties Steamed Broccoli & Red Peppers Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">8</p>	Super Bowl Lunch! Whole Grain Breaded Chicken Fingers & BBQ Dipping Sauce Chips and Salsa BBQ Baked Beans Fresh or Chilled Fruit, and Choice of Milk Super Bowl Cookie! <p style="text-align: right;">9</p>
Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day				
Sloppy Joe On a Whole Grain Bun! Onion Rings Red Beans & Corn Fresh or Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">12</p>	Sausage, Egg, & Cheese on a Whole Grain Bagel! Sweet Potato Wedges Fresh or Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">13</p>	Valentine's Day! Whole Grain Breaded Chicken Nuggets Whole Grain Garlic Breadstick Baked Spiral Fries Fresh or Chilled Fruit Choices, and Choice of Milk Valentine Cookie! 14	French Toast Sticks! With Syrup Chicken Sausage Patties Fresh Sliced Cucumbers with Light Ranch Dip Fresh or Chilled Fruit, Choice of Milk 15	Fried Dough Pizza! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">16</p>
Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day				
	Crispy Whole Grain Breaded Chicken Breast Fillet on a Whole Grain Hard Roll! Sweet Potato Waffle Fries Fresh or Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">20</p>	Cheesy Mac & Cheese! Texas Toast Garlic Bread Steamed Seasoned Broccoli Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">21</p>	Chicken & Waffle! Whole Grain Waffle with Popcorn Chicken Dipping Syrup Lemon Roasted Carrots Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">22</p>	Pizza Sticks! Bread Sticks Stuffed with Mozzarella Cheese and Topped with Pizza Sauce! Green Leaf Tossed Garden Salad Fresh & Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">23</p>
Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day				
Bacon Cheeseburger on a Bakery Fresh Hard Roll! Baked Spiral Fries Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">26</p>	Chicken Taco Nachos! Chicken Taco Meat over Whole Grain Tortilla Chips Lettuce, Tomato, and Cheddar Cheese Fiesta Red Bean Salad Fresh & Chilled Fruit Choices, and Choice of Milk 27	Whole Grain Breaded Mozzarella Sticks! Marinara Sauce Italian Mixed Vegetables Fresh & Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">28</p>	Pancakes with Syrup & Strawberries! Whole Grain Breaded Chicken Tenders Fresh Grape Tomato & Basil Fresh & Chilled Fruit Choices, and Choice of Milk 29	Stuffed Crust Pizza! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">1</p>
Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day				

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