

# Wallingford Schools

## Lyman & Sheehan High School Menu- June 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>
<b>Whole Grain Breaded Chicken Nuggets!</b> Honey Mustard Dipping Sauce Whole Grain Dinner Roll Fresh Grape Tomato or Fresh Vegetable Choice Fresh or Chilled Fruit, and Choice of Milk <span style="float: right;">3</span>	<b>Chicken Sausage, Egg, &amp; Cheese on a Whole Grain Hard Roll!</b> Crinkle Cut Fries or Fresh Vegetable Choice Fresh or Chilled Fruit, and Choice of Milk <span style="float: right;">4</span>	<b>Meatball Grinder!</b> Beef and Chicken Meatballs in Marinara Sauce, Nestled in a Whole Grain Grinder Roll Green Pepper Strips or Fresh Vegetable Choice Fresh or Chilled Fruit, and Choice of Milk <span style="float: right;">5</span>	<b>Chicken &amp; Waffles!</b> Popcorn Chicken with Whole Grain Waffles and Syrup Baked Beans or Baked Beans or Fresh Vegetable Choice Fresh or Chilled Fruit Choice of Milk <span style="float: right;">6</span>	<b>Spicy Chicken Sandwich on a Whole Grain Hard Roll!</b> Tossed Garden Salad or Fresh Vegetable Choice Fresh or Chilled Fruit, and Choice of Milk <span style="float: right;">7</span>
<b>Daily Alternates:</b> <b>Fresh Made Pizza Meal of the Day</b> <b>Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day</b>				
<b>Crispy Chicken Filet on a Whole Grain Hard Roll!</b> Sweet Potato Waffle Fries or Fresh Vegetable Choice Fresh or Chilled Fruit, and Choice of Milk <span style="float: right;">10</span>	<b>Ham &amp; Cheese Sandwich on a Whole Grain Roll!</b> Fresh Vegetable Choice Fresh or Chilled Fruit, and Choice of Milk <span style="float: right;">11</span>	<b>Turkey &amp; Cheese Sandwich on a Whole Grain Roll!</b> Fresh Vegetable Choice Fresh or Chilled Fruit, and Choice of Milk <span style="float: right;">12</span>	<b>Italian Combo on a Whole Grain Roll!</b> Fresh Vegetable Choice Fresh or Chilled Fruit, and Choice of Milk <span style="float: right;">13</span>	<b>Turkey, Bacon, and Cheese on a Whole Grain Roll!</b> Fresh Vegetable Choice Fresh or Chilled Fruit, and Choice of Milk <span style="float: right;">14</span>
<b>Buffalo Chicken &amp; Cheese on a Whole Grain Roll!</b> Fresh Vegetable Choice Fresh or Chilled Fruit, and Choice of Milk <span style="float: right;">17</span>	<b>Your Cafeteria Staff Wishes All of You a Safe, Happy, and Active Summer!</b>			

**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](mailto:jbondi@wallingfordschools.org)**

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