

Wallingford Schools

Lyman & Sheehan High School Menu- November 2023

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>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Steak and Cheese on a Whole Grain Grinder Roll! Sautéed Onions & Peppers Fresh Grape Tomatoes & Basil Fresh & Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">20</p>	HALLOWEEN SPECIAL! Zombie (Chicken) Fingers Diabolical Dinner Roll Monster Mashed Potato With Ghoul Gravy Freaky Fruit Monster Milk Creepy Cookie OCTOBER 31	Sausage, Egg, & Cheese on a Croissant! Baked Beans Fresh & Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">1</p>	Pancakes with Syrup & Strawberries! Whole Grain Breaded Chicken Tenders Cucumber & Tomato Salad Fresh & Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">2</p>	French Bread Pizza! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">3</p>
Daily Alternates: Fresh Made Pizza Meal of the Day				
Whole Grain Breaded Mini Chicken Corn Dogs! Baked Beans Fresh or Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">6</p>	 <p style="font-size: 2em; font-weight: bold;">Election Day</p>	Whole Grain Pizza Calzone! Topped with Pizza Sauce Fresh Cut Pepper Slices with Ranch Dip Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">8</p>	French Toast Sticks! With Syrup Chicken Sausage Patties Baked Tator Tots Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">9</p>	 <p style="font-size: 1.5em; font-weight: bold;">VETERANS DAY</p>
Daily Alternates: Fresh Made Pizza Meal of the Day				
Whole Grain Breaded Chicken Tenders! Honey Mustard Dipping Sauce Whole Grain Dinner Roll Baked French Fries Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">13</p>	Bacon Cheese Burger on a Bakery Fresh Whole Grain Bun! Whole Grain Onion Rings BBQ Baked Beans Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">14</p>	Whole Grain Breaded Mozzarella Sticks! With Marinara Sauce Italian Mixed Vegetables Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">15</p>	Whole Grain Waffles with Warm Apples! Chicken Sausage Patties Sweet Potato Waffle Fries Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">16</p>	Whole Grain Pizza Twisty Sticks! Pizza Dipping Sauce Tossed Garden Salad Fresh & Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">17</p>
Daily Alternates: Fresh Made Pizza Meal of the Day				
Steak & Cheese On a Whole Grain Grinder Roll! Baked Spiral Fries Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">20</p>	Thanksgiving Lunch! Roasted Turkey with Mashed Potato & Gravy! Cranberry Sauce Whole Grain Dinner Roll Mixed Garden Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk Thanksgiving Cookie! <p style="text-align: right;">21</p>	Stuffed Crust Cheese Pizza! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit Choices, and Choice of Milk <p style="text-align: right;">22</p>	 <p style="font-size: 1.5em; font-weight: bold;">Happy Thanksgiving</p>	Holiday Season Starts!
Daily Alternates: Fresh Made Pizza Meal of the Day				
Chicken Legs with BBQ Sauce! Whole Grain Dinner Roll Baked Beans Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">27</p>	Beef Chili Hotdog on a Whole Grain Bun! Broccoli Florets with Dipping Cheese Sauce Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">28</p>	Cheesy Mac & Cheese! Texas Toast Garlic Bread Pizza Green Beans Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">29</p>	Dutch Waffle! Syrup Chicken Sausage Patties Mexican Corn Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">30</p>	Pizza Cheese Crunchers! Mozzarella Cheese and Pizza Sauce inside a Whole Grain Bread Coating! Pizza Dipping Sauce Fresh Grape Tomato Fresh or Chilled Fruit, and Choice of Milk <p style="text-align: right;">1</p>
Daily Alternates: Fresh Made Pizza 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