

Wallingford Schools

Lyman & Sheehan High School Menu- September 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>

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Welcome Back to Another Fantastic School Year!	Please be sure to fill out the Free and reduced Lunch application for this school year!	Free and reduced priced lunch eligibility may also qualify students for school related benefits!	Dutch Waffle! Syrup Chicken Sausage Patties Baked Tator Tots Fresh or Chilled Fruit, and Choice of Milk 31	Stuffed Crust Cheese Pizza! Steamed Broccoli With Cheese Sauce Fresh or Chilled Fruit Choices, and Choice of Milk 1
Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day				
Labor Day!	Whole Grain Breaded Chicken Tenders! Whole Grain Dinner Roll Mashed Potato & Gravy Fresh or Chilled Fruit, and Choice of Milk 5	Whole Grain Breaded Mozzarella Sticks! With Marinara Sauce Italian Mixed Vegetables Fresh or Chilled Fruit, and Choice of Milk 6	Sausage, Egg, & Cheese on a Whole Grain Croissant! Sweet Potato Wedges Fresh or Chilled Fruit, and Choice of Milk 7	Pizza Cheese Crunchers! Mozzarella Cheese and Pizza Sauce inside a Whole Grain Bread Coating! Pizza Dipping Sauce Tossed Garden Salad Fresh or Chilled fruit Choice of Milk 8
Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day				
Beef Hotdog on a Whole Grain Bun! With Chili & Cheese Sauce Baked Beans Fresh or Chilled Fruit, and Choice of Milk 11	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! 12	Whole Grain Cheese Calzone! Topped with Pizza Sauce Fresh Made Tomato & Cucumber Salad Fresh or Chilled Fruit, and Choice of Milk 13	French Toast Sticks! With Syrup Chicken Sausage Patties Baked Smile Fries Fresh or Chilled Fruit, and Choice of Milk 14	Fried Dough Pizza! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit Choices, and Choice of Milk 15
Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day				
Bacon Cheese Burger on a Bakery Fresh Whole Grain Bun! Baked Spiral Fries Fresh or Chilled Fruit, and Choice of Milk 18	Walking Taco! Chicken Taco Meat, Lettuce, Tomato, Salsa, Cheese & Sour Cream over Whole Grain Doritos Southwest Bean Salad Fresh or Chilled Fruit, and Choice of Milk 19	Meatball Grinder! Beef and Chicken Meatballs in Marinara Sauce, Nestled in A Whole Grain Grinder Roll Capri Mixed Vegetables Fresh or Chilled Fruit, and Choice of Milk 20	Whole Grain Belgian Waffle Sticks! With Syrup Chicken Sausage Patties Fresh Cut Tomato & Basil Salad Fresh or Chilled Fruit, and Choice of Milk 21	Whole Grain Pizza Twisty Sticks! Pizza Dipping Sauce Tossed Garden Salad Fresh & Chilled Fruit Choices, and Choice of Milk 22
Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day				
Chicken Parmesan on a Whole Wheat Roll! Baked French Fries Fresh or Chilled Fruit Choices, and Choice of Milk 25	Whole Grain Breaded Mini Chicken Corn Dogs! Fiesta Red Bean Salad Fresh or Chilled Fruit Choices, and Choice of Milk 26	Cheesy Mac & Cheese! Texas Toast Garlic Bread Steamed Seasoned Broccoli Fresh or Chilled Fruit, and Choice of Milk 27	Chicken & Waffle! Whole Grain Waffle with Popcorn Chicken Dipping Syrup Baked Sweet Potato Fries Fresh or Chilled Fruit, and Choice of Milk 28	French Bread Pizza! Catalina Vegetables Fresh or Chilled Fruit, and Choice of Milk 29
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