

# Wallingford Schools

## January 2025



Lunch Price \$3.45

Free for those eligible for reduced priced lunch this school year, and Free for those eligible for free lunch

# Lyman and Sheehan High School Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Back To School! Dutch Waffle!</b> With Syrup Chicken Sausage Patties Baked Smile Fries Fresh or Chilled Fruit and Choice of Milk 2	<b>Individual Deep Dish Cheese Pizza!</b> Sweet Corn Salad Fresh or Chilled Fruit and Choice of Milk 3
<b>Daily Alternates:</b> Fresh Made Pizza of the Day    Fresh Made Hot or Cold Sandwich    Chef Salad Not available				
<b>All Beef Hotdog on a Whole Grain Bun!</b> Fresh Made Chili and /or Cheese Sauce Texas Ranchero Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 6	<b>Whole Grain Breaded Chicken Fingers!</b> With Boom-Boom Dipping Sauce Whole Grain Garlic Breadstick Sweet Potato Waffle Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 7	<b>Cheesy Mac &amp; Cheese!</b> Texas Toast Garlic Bread Fresh Cut Cucumbers with Light Ranch Dip or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 8	<b>Belgian Waffle Sticks!</b> With Syrup Chicken Sausage Patties Baked Tator Tots or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 9	<b>Pizza Twisty Sticks!</b> Pizza Sauce Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 10
<b>Daily Alternates:</b> Fresh Made Pizza of the Day    Fresh Made Hot or Cold Sandwich    Fresh Made Chef Salad				
<b>Steak &amp; Cheese Grinder with Peppers &amp; Onions!</b> BBQ Baked Beans or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 13	<b>Whole Grain Breaded Chicken Nuggets</b> With Chickn-Dippin Sauce! Whole Grain Garlic Knot Roll Baked Spiral Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 14	<b>Whole Grain Breaded Mozzarella Sticks!</b> Marinara Sauce Whole Grain Dinner Roll Fresh Made Tomato and Cucumber Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 15	<b>Sausage Egg &amp; Cheese on a Whole Grain Bagel!</b> Fresh Cut Green Pepper Strips with Light Ranch Dressing or Fresh Veggie Choice Fresh or Chilled Fruit Choice of Milk 16	<b>Fried Dough Pizza</b> Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 17
<b>Daily Alternates:</b> Fresh Made Pizza of the Day    Fresh Made Hot or Cold Sandwich    Fresh Made Chef Salad				
	<b>Loaded Baked Potato!</b> With Chicken Taco Meat, Broccoli, Cheese Sauce, Sour Cream, & Bacon Bits! Whole Grain Dinner Roll Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 21	<b>Whole Grain Pasta with Meat Sauce!</b> Whole Grain Garlic Breadstick Fresh Steamed Broccoli Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 22	<b>Chicken &amp; Waffle!</b> Whole Grain Waffle with Breaded Chicken Fingers Dipping Syrup Fresh Grape Tomato or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 23	<b>Pizza Bites!</b> Whole Grain Baked Pizza Dough Pockets Filled with Mozzarella Cheese and Served with Pizza Sauce Green Leaf Tossed Garden Salad Fresh or Chilled Fruit, and Choice of Milk 24
<b>Daily Alternates:</b> Fresh Made Pizza of the Day    Fresh Made Hot or Cold Sandwich    Fresh Made Chef Salad				
<b>Bacon Cheeseburger on a Whole Grain Pretzel Roll!</b> Whole Grain Breaded Onion Rings or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 27	<b>Walking Taco!</b> Chicken Taco Meat over Dorito Tortilla Chips, With Lettuce, Tomato, and Cheddar Cheese Mexican Corn or Fresh Veggie Fresh or Chilled Fruit Choices and Choice of Milk 28	<b>Beef and Chicken Meatball Grinder on a Whole Grain Grinder Roll With Melted Mozzarella!</b> Tuscan Bean Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 29	<b>French Toast Sticks!</b> With Syrup Chicken Sausage Patties Sweet Potato Fries or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 30	<b>French Bread Pizza!</b> Tossed Garden Salad or Fresh Veggie Choice Fresh or Chilled Fruit and Choice of Milk 31
<b>Daily Alternates:</b> Fresh Made Pizza of the Day    Fresh Made Hot or Cold Sandwich    Fresh Made Chef Salad				

**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)**

**This Organization is an Equal Opportunity Employer!**