

Wallingford Schools

Lyman & Sheehan High School Menu- May 2023

All School Meals are Free through the End of the School Year!

Website for online payments for snack items: www.mypaymentsplus.com

Menu is subject to change due to ongoing supply chain issues

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Beef Hotdog on a Whole Grain Bun! Cheese Sauce Baked Crinkle Cut Fries Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">1	Far East Orange Chicken! Breaded Popcorn Chicken with Orange Sauce Nestled in a Vegetable Fried Rice Oriental Vegetables Fresh or Chilled Fruit, and Choice of Milk Fortune Cookie! style="text-align: right;">2	Cheesy Mac & Cheese! Whole Grain Dinner Roll Fresh Made Fiesta Red Bean Salad Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">3	Emoji Waffles with Syrup, Strawberries and Whipped Cream! Chicken Sausage Patties Sweet Potato Waffle Fries Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">4	Whole Grain Pizza Twisty Sticks! Pizza Dipping Sauce Tossed Garden Salad Fresh & Chilled Fruit Choices, and Choice of Milk style="text-align: right;">5
Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day				
Chicken Nuggets! BBQ Dipping Sauce Bakery Fresh Dinner Roll Fiesta Red Bean Salad Fresh & Chilled Fruit Choices, and Choice of Milk style="text-align: right;">8	Sloppy Joe on a Bakery Fresh Whole Grain Bun! Baked Smile Fries Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">9	Cheese Lasagna! Marinara Sauce Texas Toast Garlic Bread Italian Mixed Vegetables Fresh & Chilled Fruit Choices, and Choice of Milk style="text-align: right;">10	Whole Grain Pancakes! With Syrup Chicken Sausage Patties Sweet Potato Fries Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">11	Pizza Quesadilla! Pizza Sauce and Mozzarella Cheese Tucked into a Whole Grain Quesadilla Tossed Garden Salad Fresh & Chilled Fruit Choices, and Choice of Milk style="text-align: right;">12
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! Whole Grain Onion Rings Baked Beans Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">15	Whole Grain Breaded Chicken Tenders! Baked Potato Wedges Whole Grain Dinner Roll Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">16	Whole Grain Breaded Mozzarella Sticks! Marinara Sauce Whole Grain Dinner Roll Capri Mixed Vegetables Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">17	Mini Eggo Waffles! With Syrup Chicken Sausage Patties Fresh Grape Tomato with Basil Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">18	Pizza Bites! 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 style="text-align: right;">19
Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day				
Whole Grain Breaded Chicken Patty on a Whole Grain Bun! Sweet Potato Fries Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">22	Chicken Sausage, Egg & Cheese on a Whole Grain Croissant! Fresh Made Cucumber & Tomato Salad Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">23	Chicken Parmesan Sandwich! Chicken Breast with Pizza Sauce & Melted Mozzarella Nestled in a Whole Grain Roll! Tuscan Bean Salad Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">24	French Toast Sticks with Syrup! Chicken Sausage Patties Sweet Corn Salad Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">25	Stuffed Crust Pizza! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">26
Daily Alternates: Fresh Made Pizza Meal of the Day Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day				
	Whole Grain Breaded Mini Corn Dogs! Steamed Broccoli Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">30	Meatball Grinder! Beef Meatballs on a Bakery Fresh Whole Grain Grinder Roll with Marinara Sauce Italian Green beans Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">31	Whole Grain Dutch Waffle! With Syrup Chicken Sausage Patties Baked Tator tots Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">1	French Bread Cheese Pizza! Green Leaf Tossed Garden Salad Fresh or Chilled Fruit, and Choice of Milk style="text-align: right;">2
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