

Wallingford Schools

Lyman & Sheehan High School Menu- March 2022

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>Bacon, Lettuce, and Tomato Burger on a Bakery Fresh Whole Grain Bun! Onion Rings Baked Beans Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">27</p>	<p>Taco Nachos! Beef Taco Meat over Whole Grain Tortilla Chips Lettuce, Tomato, and Cheddar Cheese Mexican Corn Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">28</p>	<p>Cheesy Macaroni & Cheese! Garlic Breadstick Fresh Steamed Broccoli Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">1</p>	<p>Dutch Waffle! With Syrup Chicken Sausage Patties Fresh Grape Tomato & Basil Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">2</p>	<p>Pizza Sticks! Bread Sticks Stuffed with Mozzarella Cheese and Topped with Pizza Sauce! Capri Mixed Vegetables Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">3</p>
Daily Alternates:				
Fresh Made Pizza Meal of the Day		Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day		
<p>Whole Grain Breaded Chicken Nuggets! BBQ Dipping Sauce Whole Grain Dinner Roll Sweet Potato Waffle Fries Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">6</p>	<p>Beef Hot Dog on a Whole Grain Roll! Cheese Sauce Whole Grain Onion Rings Baked Beans Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">7</p>	<p>Whole Grain Breaded Mozzarella Sticks! Marinara Sauce Pizza Green Beans Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">8</p>	<p>Belgian Waffle Sticks! Maple Dipping Syrup Chicken Sausage Patties Baked Tator Tots Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">9</p>	<p>Whole Grain Pizza 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</p> <p style="text-align: right;">10</p>
Daily Alternates:				
Fresh Made Pizza Meal of the Day		Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day		
<p>Steak & Cheese On a Whole Wheat Grinder Roll! Baked Spiral Fries Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">13</p>	<p>Spicy Chicken Patty on a Whole Grain Kaiser Roll! Fiesta Bean Salad Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">14</p>	<p>Pizza Calzone! Mozzarella Cheese and Pizza Sauce Wrapped in a Golden Whole Grain Crust Tossed Garden Salad Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">15</p>	<p>Mini Eggo Waffles! With Syrup Chicken Sausage Patties Fresh Grape Tomato & Basil Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">16</p>	<p>St. Patrick Day Lunch! Golden Breaded Chicken Fingers with Mashed Potato & Gravy Whole Grain Dinner Roll Fresh Green Pepper Strips With Light Ranch Dip Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">17</p>
Daily Alternates:				
Fresh Made Pizza Meal of the Day		Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day		
<p>Walking Taco! Chicken Taco Meat, and Cheddar Cheese Over Whole Grain Reduced Fat Doritos! Fresh Made Southwest Bean Salad Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">20</p>	<p>Italian Chicken Sandwich! Chicken Breast with Pepper & Onion Nestled in a Whole Grain Grinder Roll Italian Mixed Vegetables Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">21</p>	<p>Professional Development Day!</p>	<p>French Toast Bites with Syrup! Chicken Sausage Patties Baked Potato Wedges Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">23</p>	<p>Stuffed Crust Pizza! Tossed Garden Salad Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">24</p>
Daily Alternates:				
Fresh Made Pizza Meal of the Day		Fresh Made Hot or Cold Sandwich, or Chef Salad Meal of the Day		
<p>Whole Grain Breaded Popcorn Chicken Bites! BBQ Dipping Sauce Whole Grain Dinner Roll Fresh Made Tuscan Bean Salad Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">27</p>	<p>Whole Grain Breaded Mini Corn Dogs! Fresh Made Cucumber and Tomato salad Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">28</p>	<p>Chicken Sausage, Egg, & Cheese on a Whole Grain Croissant! Sweet Potato Waffle Fries Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">29</p>	<p>Baseball Opening Day! Beef Hotdog on a Whole Grain Bun Baked Spiral Fries with Cheese Sauce Fresh or Chilled Fruit, and Choice of Milk</p> <p style="text-align: right;">30</p>	<p>Whole Grain Pizza Twisty Sticks! Pizza Dipping Sauce Tossed Garden Salad Fresh & Chilled Fruit Choices, and Choice of Milk</p> <p style="text-align: right;">31</p>
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@wallingfordchools.org