

Lunch Secondary

Wayland Middle School Lunch Menu

February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Toasted Cheese Sandwich on Wheat Tomato Soup or Homemade Chicken Noodle Soup Sliced Pears	Baked Mozzarella Sticks w/ Marinara Sauce Fresh Caesar Salad Fresh Red Grapes	Fresh Dough Pizza w/ choice of toppings *Carrot-Raisin Salad or Fresh Veggies w/ Ranch Peaches
6	7	8	9	10
International Day International Pizza Bar Fresh Caesar Salad Fruit Cocktail	Personal Heritage/Travel Homemade Calzone (variety of choices) Spinach Salad w/ Craisins and Cheese Orange Halves Deli Day - turkey, ham, roast beef, cheese, tuna	Latin Day Wholegrain Spaghetti w/ Spaghetti Sauce Side of Meatballs Fresh Green Beans Fresh Local Apple	Spanish Day "NACHO BAR" Choice of nachos, taco shells or soft tortillas w/ seasoned meat, black bean & corn salad, nacho cheese sauce, lettuce, salsa, sour cream; Salad Pineapple Tidbits Salad Bar: Middle	French Day Ham & Cheese or Cheese on whole wheat croissant Homemade Minestrone Soup or Homemade Chicken Rice Soup Fresh Sliced Strawberries Salad Bar: Middle
13	14	15	16	17
*Homemade Macaroni & Cheese California Blend Veggies Applesauce	Steak & Cheese Sub Spinach Salad w/ Craisins and Cheese Sliced Cantaloupe	Chicken Fajita Spanish Rice Spanish Corn Pineapple Tidbits	Back by Popular Demand BBQ Pork Rib Patty Sub Fresh Caesar Salad Fresh Local Apple	Whole Grain Stuffed Crust Pizza w/ choice of toppings Fresh Caesar Salad Sliced Pears
20	21	22	23	24
No School	No School	No School	No School	No School
27	28	29		
Baked Stuffed Shells Peas Peaches	Kayem Lite Hot Dog on a whole wheat roll Vegetarian Beans Fresh Salad w/ lite ranch dressing Fresh Local Apple	Teriyaki Chicken Dippers Baked Potato w/ Side of Cheese and Broccoli Pineapple Tidbits Fortune Cookie		

Salad plates, pizza, chicken patties, burgers (beef, turkey and veggie) on wheat rolls, fresh soups and sandwiches are daily choices. Fresh fruit is served every day. All meals are planned to meet the dietary guidelines. Menu subject to change without notice. Gluten-free pizza & Gluten-Free Warm Turkey & Cheese Roll-Up DAILY. Gluten-free bagels available at High School Snack Bar. Milk Choices: Skim, 1%, Fat-Free Chocolate, Lactaid.

