

Lunch Elementary

Wayland Elementary School Lunch Menu January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Breakfast for Lunch Whole Grain Pancakes w/choice of toppings Lite Jones Sausage Lowfat Yogurt Applesauce	4 Something New Bosco Sticks w/ Marinara Sauce Fresh Caesar Salad Sliced Cantaloupe	5 HoneyBBQ Chicken Tenders Steamed Brown Rice Roasted Butternut Squash Fresh Bananas Salad Bar: Claypit	6 Fresh Dough Pizza w/ choice of toppings *Carrot-Raisin Salad or Fresh Salad Sliced Pears Salad Bar: Claypit
9 Stuffed Shells Green Beans Whole Wheat Dinner Roll Sliced Apples	10 Chicken & Broccoli over Pasta Fresh Salad Wheat Dinner Roll Orange Halves	11 Something New BBQ Pork Rib Patty Sub Fresh Caesar Salad Sliced Apples Frozen ShapeUp Juice Bar Salad Bar: Happy	12 Meatball Sub Corn on the Cob Fresh Pear Salad Bar: Happy	13 Round Pan Pizza w/ choice of toppings Mixed Green Garden Salad Fruit Cocktail
16 No School	17 Lean Taco on Soft Wheat Tortilla or Hard Shell Black Beans & Rice Sweet Corn Pineapple Chunks	18 Toasted Cheese Sandwich on Wheat Tomato Soup or Homemade Chicken & Rice Soup Fresh Local Apple	19 Chicken Parmesan Sub *Marinated CucumberSalad Fresh Strawberries	20 Pizza Bar w/ choice of toppings FreshVeggies (carrots, celery,peppers,cukes) Sliced Pears
23 *Homemade Macaroni & Cheese California Blend Veggies Sliced Apples	24 Kayem Lite Hot Dog on a whole wheat roll Vegetarian Beans Fresh Salad w/ lite ranch dressing Peaches	25 Burgers -beef, veggie or turkey on a wheat roll w/ch,lett,tom&pickles *Baked Carrot "Fries" Fruit Cocktail	26 Teriyaki Chicken Dippers Baked Potato w/Side of Cheese and Broccoli Pineapple Tidbits Fortune Cookie Salad Bar: Claypit	27 North End Low Carb Pizza w/ choice of toppings *Broccoli Salad or Fresh Salad Fresh Kiwi Salad Bar: Claypit
30 Baked Ziti Parmesan Side of Meatballs Peas & Carrots Whole Wheat Breadstick Peaches	31 Grilled Chicken Patty on a whole wheat roll *Oven Baked Sweet Potato "Fries" Fresh Local Apple			

Tuna, Chicken Salad, Turkey, Peanut Butter, Cheese Sandwiches on Wheat Bread or a Whole Wheat Bagel w/ choice of Cream Cheese, Peanut Butter or Hummus are available daily at Claypit & Happy Hollow. Whole Wheat Bagel option ONLY at Loker. Gluten-Free Pizza FRIDAYS; Gluten-Free Warm Turkey & Cheese Roll-Up DAILY. Milk Choices: Skim, 1%, Fat Free Chocolate, Lactaid. Homemade offerings. HAPPY NEW YEAR!