

Lunch Secondary

Wayland Middle School Lunch Menu

January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Teriyaki Chicken Dippers Mashed Potatoes Pineapple Tidbits Fortune Cookie	4 Something New Bosco Sticks w/ Marinara Sauce Fresh Caesar Salad Sliced Cantaloupe	5 Honey BBQ Chicken Tenders Steamed Brown Rice Roasted Butternut Squash Fresh Bananas	6 Fresh Dough Pizza w/ choice of toppings *Carrot-Raisin Salad or Fresh Salad Sliced Pears
9 Stuffed Shells Green Beans Whole Wheat Dinner Roll Sliced Apples	10 Chicken & Broccoli over Pasta Fresh Salad Wheat Dinner Roll Orange Halves	11 BBQ Pork Rib Patty Sub Fresh Caesar Salad Sliced Apples Frozen ShapeUp Juice Bar	12 Meatball Sub Corn on the Cob Fresh Pear	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 Salad Bar: Middle	20 Pizza Bar w/ choice of toppings FreshVeggies (carrots, celery,peppers,cukes) Sliced Pears Salad Bar: Middle
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/cheese, lettuce, tomato & pickles *Baked Carrot "Fries" Fruit Cocktail	26 Homemade Calzone (variety of choices) Fresh Salad Orange Halves Deli Day - turkey, ham, roast beef, cheese, tuna	27 North End Low Carb Pizza w/ choice of toppings *Broccoli Salad or Fresh Salad Fresh Kiwi
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			

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. Milk Choices: Skim, 1%, Fat-Free Chocolate, Lactaid. HAPPY NEW YEAR!