

Lunch Elementary

Wayland Elementary School Lunch Menu March 2012

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Baked Mozzarella Sticks w/ Marinara Sauce Fresh Green Beans Fresh Red Grapes	Back by Popular Demand Pizza Bagel Fresh Salad w/ Romaine Pineapple Tidbits
5	6	7	8	9
Breakfast for Lunch Whole Grain Pancakes w/choice of toppings Lite Jones Sausage Lowfat Yogurt Applesauce	Burgers -beef, veggie or turkey on a wheat roll w/ch,lett,tom&pickles *Baked Carrot "Fries" Fruit Cocktail	Toasted Cheese Sandwich on Wheat Tomato Soup or Homemade Chicken Noodle Soup Sliced Pears	Chicken Tenders w/ dipping sauces Roasted Butternut Squash Orange Halves	Round Pan Pizza w/ choice of toppings Mixed Green Garden Salad Fruit Cocktail
12	13	14	15	16
Baked Ravioli Parmesan California Blend Veggies Applesauce	Back by Popular Demand HoneyBBQ Chicken Dippers Egg Noodles Steamed Baby Carrots Pineapple Tidbits	Ham & Cheese or Cheese on whole wheat croissant Roasted Butternut Squash Fresh Local Apple	Grilled Chicken Patty on a whole wheat roll *Baked Zucchini "Fries" Fresh Local Apple Salad Bar: Claypit	Whole Grain Stuffed Cr. Pizza w/ ch. of toppings Fresh Caesar Salad Sliced Pears Salad Bar: Claypit
19	20	21	22	23
Stuffed Shells Peas Peaches	Kayem Lite Hot Dog on a whole wheat roll Vegetarian Beans Fresh Salad w/ lite ranch dressing Fresh Local Apple	Meatball Sub Corn on the Cob Fresh Pear Salad Bar: Happy	Teriyaki Chicken Dippers *Oven Baked Sweet Potato "Fries" Pineapple Tidbits Fortune Cookie Salad Bar: Happy	Pizza Bar w/ choice of toppings FreshVeggies (carrots, celery,peppers,cukes) Sliced Pears
26	27	28	29	30
Wholegrain Spaghetti w/ Spaghetti Sauce Side of Meatballs Green Beans Peaches	Back by Popular Demand BBQ Pork Rib Patty Sub Fresh Caesar Salad Fresh Local Apple	Lean Taco on Soft Wheat Tortilla or Hard Shell Black Beans & Rice Sweet Corn Pineapple Chunks	Steak & Cheese Sub Fat Free Potato Wedges Sliced Cantaloupe	North End Low Carb Pizza w/ choice of toppings *Broccoli Salad or Fresh Salad Fresh Kiwi

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. Fish Sandwiches available on Fridays during Lent.