

Wayland Elementary School Lunch Menu March 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Popcorn Chicken Mashed Potatoes Green Beans Whole Wheat Dinner Roll Box of Raisins	Breakfast for Lunch Wholegrain Pancakes w/ syrup cup Choice of Sliced Ham or String Cheese Carrot Sticks Applesauce Salad Bar: Claypit	Wholegrain Spaghetti w/ Side of Meatballs Whole Wheat Dinner Roll Broccoli Sliced Pears Salad Bar: Claypit	Everyone's Favorite Toasted Cheese Sandwich on Wheat Tomato Soup Roasted Chic Peas Chilled Mandarin Oranges	French Bread Pizza w/ choice of toppings Fresh Caesar Salad Peaches
9	10	11	12	13
Burgers -beef, veggie or turkey on a wheat roll w/cheese, lettuce, tomatoes & pickles Oven Baked French Fries Sliced Pears	Chicken Parmesan on a wheat roll Sweet Corn Side of Chic Peas Fresh Local Apple Salad Bar: Happy	Bagel Lunch Whole Wheat Bagel w/ cream cheese or peanut butter Low Fat Yogurt Mozzarella Cheese Stick Baby Carrots w/ light ranch dressing Fruit Cocktail Salad Bar: Happy	Meatball Sub on a wheat roll Oven Baked Sweet Potato Wedges Peaches	Whole Grain Stuffed Crust Pizza w/ choice of toppings Fresh Spinach Salad w/ Light Italian Dressing Orange Halves
16	17	18	19	20
Baked Ravioli Honey Glazed Carrots Whole Wheat Dinner Roll Peaches	St. Patrick's Day – Think Green Grilled Chicken Patty on a whole wheat roll w/ romaine & tomato Fresh Vegetables (broccoli, peppers & cucumbers w/ lite ranch dressing) Fresh Granny Smith Apple Salad Bar: Loker	Kayem Lite Hot Dog on a whole wheat roll Vegetarian Beans Fresh Veggie Sticks Lite Ranch Dressing Box of Raisins Salad Bar: Loker	Homemade Chicken Noodle Soup Warm Wheat Pretzel Carrot Sticks Fruit Cocktail	Fresh Dough Pizza w/ choice of toppings Fresh Garden Salad w/Light Italian Dressing Pineapple Tidbits
23	24	25	26	27
Baked Mozzarella Sticks w/ Marinara Sauce Broccoli Sliced Pears	Ham & Cheese or Cheese on whole wheat croissant Tomato Soup Farmer's Garden Salad Orange Halves	Breakfast for Lunch Wholegrain French Toast Sticks w/ syrup cup Lite Jones Sausage Fresh Veggie Sticks w/ light ranch dressing Applesauce	Lean Taco on Wheat Tortilla or Hard Shell w/ lettuce, tomato, cheese, salsa Steamed Brown Rice Sweet Corn Pineapple Tidbits	Round Pan Pizza w/ choice of toppings Fresh Salad w/ Light Ranch Dressing Fruit Cocktail
30	31			
Wholegrain Pasta w/ Side of Meatballs Whole Wheat Dinner Roll Lemon Zest Broccoli	Chicken, Chicken (choice of chicken) Steamed Brown Rice Peas Whole Wheat Breadstick			

Sliced Pears

Fruit Cocktail
Salad Bar: Claypit

Tuna, Chicken Salad, Turkey, Peanut Butter, Cheese Sandwiches on a wheat roll are available daily. Bagel Lunch w/ choice of Cream Cheese, Peanut Butter or Hummus available daily. Gluten-Free Pizza FRIDAYS; Gluten-Free Warm Turkey & Cheese Roll-Up DAILY. Milk Choices: Skim, 1%, Fat Free Chocolate, Lactaid. Fresh and chilled fruit is available daily. Carrot Bags available daily. "This institution is an equal opportunity provider."