

Wayland Elementary Lunch Menu: November 2016





Mon

Tue

Wed

Thu

Fri

<p><i>Before placing your order, please inform your server if a person in</i></p>		<p>1. Burgers, Burgers! Choice of beef patty, turkey or veggie Sweet Potato Cross Trax Fries 3 Bean Salad Mixed Fruit</p>	<p>2. Pasta Day Spaghetti & Meatballs Green Beans Wheat Dinner Roll Pineapple Tidbits</p>	<p>3. Oven Baked Chicken Patty on wheat roll w/ lettuce & tomato Tater Tots Applesauce</p>	<p>4. Round Pan Pizza w/choice of toppings Kale & Romaine Salad w/ Light Italian Dressing Peaches</p>	<p>Daily Meal Options: Tuna, Chicken Salad, Turkey, Peanut Butter or Cheese on a whole wheat roll or bread. Bagel or Cereal (w/cheese & yogurt)</p>
	<p>7. Baked Mozzarella Sticks w/ Marinara Sauce Steamed Broccoli Pears</p>	<p>8. Kayem Lite Hot Dog On a wheat roll Vegetarian Beans Carrot Sticks w/ light ranch dressing Strawberries</p>	<p>9. Breakfast for Lunch Pancakes Jones Light Sausage or String Cheese Homefries Baked Cinnamon Apples</p>	<p>10. Baked Chicken Nuggets Mashed Potatoes Sweet Corn Pineapple Tidbits</p>	<p>11. NO SCHOOL</p>	<p>Legumes offered two days per week with all lunches.</p>
	<p>14. National Pickle Day Toasted Cheese Sandwich Tomato Soup Pickles Applesauce</p>	<p>15. Taco Tuesday! Lean Taco w/ seasoned meat on choice of hard shell or soft tortilla Black Beans & Rice Corn Pineapple Tidbits</p>	<p>16. Something New Orange Chicken Vegetable Lomein Mandarin Oranges Fortune Cookie</p>	<p>17. Cheese Tortellini Peas Kale Chips Peaches</p>	<p>18. Stuffed Crust Pizza w/choice of toppings Caesar Salad Pears</p>	<p>Gluten-Free (GF) Pizza available on Fridays when pizza is served.</p>
	<p>21. Macaroni & Cheese Steamed Broccoli Warm Pretzel Strawberries</p>	<p>22. Thanksgiving Wrap (w/ turkey, stuffing & cranberry sauce) Mashed Potatoes Baby Carrots Apple Crisp</p>	<p>23. NO SCHOOL</p>	<p>24. NO SCHOOL</p>	<p>25. NO SCHOOL</p>	<p>GF Turkey & Cheese Roll-up on brown rice tortilla available daily.</p>
	<p>28. National French Toast Day French Toast Sticks w/sausage or string cheese Sweet Potato Tater Tots Peaches</p>	<p>29. Chili Con Carne Baked Potato w/ broccoli & cheese sauce Wheat Dinner Roll Mixed Fruit</p>	<p>30. Meatball Sub Parmesan Crinkle Cut Fries Kale Chips Fresh Apple</p>	<p>Harvest of the Month: Kale</p>	<p>Daily Offerings: Assorted Fresh & Chilled Fruit, Carrot Bags, Choice of 1%, Skim, Fat-Free Chocolate or Lactaid Milk</p>	<p>Grilled Chicken Salad Plate Garden Salad w/ choice of Tuna, Chicken Salad, Turkey or Cheese</p>