



Wayland Middle School Lunch Menu April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Fenway Park Opening Day "Fenway Frank" (Kayem Light Hot Dog or Chicken Sausage "NEW" on a whole wheat roll "Boston" Baked Vegetarian Beans Corn on the Cob Popcorn Dried Cranberries	Breakfast for Lunch Whole Grain Pancakes Jones Light Sausage or String Cheese Carrot Sticks w/ light ranch dressing Raisins Milk YOGURT BAR	BBQ Pulled Pork Sandwich on a whole wheat bulky roll Homemade Potato Salad Tomato Basil Salad Homemade Apple Crisp Milk	Chicken Stir Fry w/ broccoli, carrots, celery, onions Steamed Brown Rice Wheat Dinner Roll Pineapple Tidbits Milk SALAD BAR	Homemade Pizza w/ choice of toppings Spinach Salad Roasted Chick Peas Chilled Peaches Milk
10	11	12	13	14
Baked Mozzarella Sticks w/ Marinara Sauce Broccoli Sliced Apples Milk	Chicken Tenders w/ dipping sauces Mashed Potatoes Peas Mixed Fruit Milk	National Grilled Cheese Day Toasted Cheese Sandwich Tomato Soup Farmers Garden Salad Chilled Pears Milk	Chicken Teriyaki Dippers Vegetable Lo Mein Fortune Cookie Pineapple Tidbits Milk	No School
17	18	19	20	21
No School	No School	No School	No School	No School
24	25	26	27	28
Cheese Tortellini Honey Glazed Carrots Wheat Dinner Roll Mixed Fruit Milk	Nachos! Nachos! w/seasoned meat, cheese, lettuce, tomato, salsa & sour cream Black Beans & Rice Corn Fresh Apple Milk	National Pretzel Day Homemade Chicken Noodle Soup Caesar Salad Warm Baked Pretzel Diced Peaches Milk	Whole Grain Pasta w/ Meat Sauce Green Beans Wheat Dinner Roll Chilled Pears Milk	PIZZA BAR Assorted Pizzas w/ choice of toppings Tossed Garden Salad Raisins

Daily Meal Options: Salad Plates, Chicken Patties, Burgers (beef, turkey or veggie), Deli Sandwiches

Assorted Fresh and Chilled Fruit, Carrot Bags, Choice of 1%, Skim, Fat-Free Chocolate or Lactaid Milk offered daily with lunch.
Fish available on Fridays during Lent.

Gluten Free Offerings: GF Pizza on Fridays; GF Turkey & Cheese Roll-Ups on a brown rice tortilla offered daily. GF hamburger and hot dog rolls available when hot dogs, hamburgers, or grilled chicken are sold

Legumes offered two days per week with lunch.

Harvest of the Month:

Potatoes

Before placing your order, please notify your server if a person in your party has a food allergy.
Fish available on Fridays during Lent. Matzos available during Passover.

