


# Wayland Elementary School Lunch Menu March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Before placing your order, please notify your server if a person in your party has a food allergy.</b></p>	<p><b>Harvest of the Month:</b></p> <p><b>Dairy</b></p> <p><b>Fish available on Fridays during Lent.</b></p>	1	2	3
		<p><b>Baked Mozzarella Sticks</b> w/ Marinara Sauce Peas Pineapple Tidbits</p>	<p><b>Burgers, Burgers</b> <b>choice of beef patty, turkey burger or veggie burger</b> w/ cheese, lettuce, tomato, pickle Crinkle Cut Fries Diced Peaches</p>	<p><b>4x6 Cheese Pizza w/choice of toppings</b> Carrot &amp; Celery Sticks w/light ranch dressing Mixed Fruit</p>
6	7	8	9	10
<p><b>Macaroni &amp; Cheese</b> Warm Baked Pretzel California Blend Vegetables Pineapple Tidbits</p>	<p><b>National Pancake Day Pancakes</b> Jones Light Sausage or String Cheese Carrot Sticks w/ light ranch dressing 100% Juice Cup</p>	<p><b>Oven Baked Chicken Patty</b> on a wheat roll w/ lettuce &amp; tomato Tater Tots Chilled Pears</p>	<p><b>Meatball Sub</b> on a Whole Wheat Roll Homemade Pasta Salad Raisins</p>	<p><b>Stuffed Crust Pizza w/choice of toppings</b> Mixed Green Garden Salad w/ Light Italian Dressing Orange Smiles</p>
13	14	15	16	17
<p><b>Toasted Cheese Sandwich</b> Tomato Soup Tomato &amp; Cucumber Salad Mandarin Oranges</p>	<p><b>Kayem Light Hot Dog</b> on a whole wheat roll Vegetarian Beans Smashed Cauliflower <b>Fresh Granny Smith Apple</b></p>	<p><b>Whole Grain Spaghetti w/ Side of Meatballs</b> Green Beans Wheat Dinner Roll Mixed Fruit</p>	<p><b>Big Daddy's Pizza</b> Spinach Salad w/ Light Italian Dressing Pears</p>	<p> <b>St. Patrick's Day Shamrock Chicken Nuggets</b> w/ dipping sauces (bbq, sweet &amp; sour, honey mustard, ketchup) Mashed Potatoes Carrots Craisins</p>
20	21	22	23	24
<p><b>National Ravioli Day Cheese Ravioli</b> Steamed Broccoli Wheat Dinner Roll Mixed Fruit</p>	<p><b>Turkey Wrap w/ Stuffing &amp; Cranberry Sauce</b> Mashed Potatoes Honey Glazed Carrots Pineapple Tidbits</p>	<p><b>Grilled Chicken Patty w/ Side of Meatballs</b> on a Whole Wheat Roll w/ Lettuce &amp; Tomato Sweet Potato Crinkle Cut Fries Sliced Pears</p>	<p><b>Tacos, Tacos, Tacos</b> w/ Seasoned Meat, Salsa, Cheese, Lettuce, Tomato &amp; Sour Cream Steamed Brown Rice Sweet Corn <b>Fresh Red Apple</b></p>	<p><b>Round Pan Pizza w/ choice of toppings</b> Caesar Salad Orange Halves</p>
27	28	29	30	31
<p><b>Breakfast for Lunch French Toast Sticks</b> Jones Light Sausage or <b>String Cheese</b> Sweet Potato Wedges 100% Juice Cup</p>	<p><b>Baked Mozzarella Sticks</b> w/ Marinara Sauce Lemon Zest Broccoli Apple Sauce</p>	<p><b>Chicken Teriyaki Dippers</b> Vegetable Lo Mein Fortune Cookie Pineapple Tidbits</p>	<p><b>Cheese Tortellini</b> Peas Whole Wheat Bread Stick Peaches</p>	<p><b>North End Pizza w/choice of toppings</b> Mixed Green Garden Salad w/ light Ranch Dressing Three Bean Salad Mixed Fruit</p>

**Daily Meal Options:** Tuna, Chicken Salad, Turkey, Peanut Butter or Cheese on whole wheat bread or roll. Bagel or Cereal Lunch (with cheese & yogurt). Grilled Chicken Salad Plate or Garden Salad w/ tuna, chicken salad, turkey or cheese.

**Assorted Fresh and Chilled Fruit, Carrot Bags, Choice of 1%, Skim, Fat-Free chocolate or Lactaid Milk offered daily with lunch.**

**Gluten Free Options:** GF Pizza on Fridays; GF Turkey & Cheese Roll-Up on a brown rice tortilla daily; GF hamb. and hot dog rolls avail. when hot dogs, hamburgers or grilled chicken are being served. Legumes offered two days per week with lunch.