

Wayland Middle School Lunch Menu March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Before placing your order, please notify your server if a person in your party has a food allergy.</p>	<p>Harvest of the Month:</p> <p>Dairy</p> <p>Fish available on Fridays during Lent.</p>	1	2	3
		<p>Baked Mozzarella Sticks w/ Marinara Sauce Peas Pineapple Tidbits</p>	<p>Chicken Fajitas Black Beans & Rice Sweet Corn Diced Peaches</p>	<p>4x6 Cheese Pizza w/choice of toppings Carrot & Celery Sticks w/light ranch dressing Mixed Fruit</p>
6	7	8	9	10
<p>Your Heritage Day International Pizza Bar (A variety of homemade pizzas) Fresh Garden Salad Three Bean Salad Sliced Pears</p>	<p>French Day Ham & Cheese or Cheese Croissant Homemade French Onion Soup Tomato Basil Salad Chocolate "Mousse" Fresh Apple</p>	<p>Chinese Day Sweet & Sour Chicken over Brown Rice Vegetable Egg Roll Pineapple Tidbits Fortune Cookie</p>	<p>Spanish Day Chicken Fajita Spanish Rice Black Bean & Corn Salad Mandarin Oranges</p>	<p>Latin Day Whole Grain Pasta w/Side of Meatballs Lemon Zest Broccoli Whole Wheat Breadstick Grapes</p>
13	14	15	16	17
<p>Toasted Cheese Sandwich Tomato Soup Tomato & Cucumber Salad Mandarin Oranges</p>	<p>Kayem Light Hot Dog on a whole wheat roll Vegetarian Beans Smashed Cauliflower Fresh Granny Smith Apple</p>	<p>Spicy Chicken Tenders Sweet Potato Crinkle Cut Fries Sliced Pears</p>	<p>Meatball Sub on a wheat roll Homemade Pasta Salad Pineapple Tidbits</p>	<p> St. Patrick's Day Shamrock Chicken Nuggets w/ dipping sauces (bbq, sweet & sour, honey mustard, ketchup) Mashed Potatoes Carrots Craisins</p>
20	21	22	23	24
<p>National Ravioli Day Cheese Ravioli Steamed Broccoli Wheat Dinner Roll Mixed Fruit</p>	<p>Turkey Dinner w/ Stuffing & Cranberry Sauce Mashed Potatoes Honey Glazed Carrots Pineapple Tidbits</p>	<p>Pulled Pork Sandwich on a wheat bulkie roll Potato Wedges Sliced Pears</p>	<p>Nachos! Nachos! w/ Seasoned Meat, Salsa, Cheese, Lettuce, Tomato & Sour Cream Steamed Brown Rice Sweet Corn Fresh Red Apple</p>	<p>Back by Popular Demand Buffalo Crunchers (breaded cheese nugget w/buffalo sauce) Caesar Salad Sliced Peaches</p>
27	28	29	30	31
<p>Breakfast for Lunch French Toast Sticks Jones Light Sausage or String Cheese Sweet Potato Wedges 100% Juice Cup</p>	<p>Baked Mozzarella Sticks w/ Marinara Sauce Lemon Zest Broccoli Apple Sauce</p>	<p>Chicken Teriyaki Dippers Vegetable Lo Mein Fortune Cookie Pineapple Tidbits</p>	<p>Cheese Tortellini Peas Whole Wheat Bread Stick Peaches</p>	<p>North End Pizza w/choice of toppings Mixed Green Garden Salad w/ light Ranch Dressing Three Bean Salad Mixed Fruit</p>

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.

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