

Wayland Elementary School Lunch March 2018

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>This institution is an equal opportunity employer.</p>	<p>Harvest of the Month: Dairy</p>	<p>1 Kayem Light Hot Dog or Chicken Sausage on a whole wheat roll Vegetarian Beans Tomato & Basil Salad Pineapple Tidbits</p>	<p>2 PIZZA BAR w/ choice of toppings Caesar Salad Apple Sauce</p>
5	6	7	8	9
<p>Ham & Cheese or Cheese Croissant on whole wheat croissant Tomato Soup Peaches</p>	<p>Sweet & Sour Chicken Steamed Brown Rice Peas Pineapple Tidbits Fortune Cookie</p>	<p>Whole Grain Spaghetti w/ Meatballs Lemon Zest Broccoli Wheat Bread Stick Fresh Grapes</p>	<p>Burgers! Burgers! Choice of beef, veggie or turkey w/ lettuce, tomato & pickles Baked Crinkle Cut Fries Apple</p>	<p>French Bread Pizza w/choice of toppings Black Bean & Corn Salad Mandarin Oranges</p>
12	13	14	15	16
<p>Macaroni & Cheese Broccoli Whole Grain Soft Pretzel Raisins</p>	<p>Yogurt Bar Choice of Toppings, Muffin, String Cheese, Sunflower Seeds & Baby Carrots</p>	<p>Everyone's Favorite Popcorn Chicken w/ dipping sauces Tater Tots Sweet Corn Craisins</p>	<p>Salad Bar Garden Salad w/ choice of shredded cheese, ham, chick peas, turkey, tuna, Homemade Vegetable Soup; Dinner Roll, Apple</p>	<p>North End Pizza w/ choice of toppings Mixed Green Garden Salad w/ light Italian dressing Chilled Pears Shamrock Shaped Cookie</p>
19	20	21	22	23
<p>Breakfast for Lunch French Toast Sticks w/string cheese or sausage Baby Carrots w/ light ranch dressing; Applesauce</p>	<p>National Ravioli Day Cheese Ravioli Fresh Green Beans Wheat Dinner Roll Pears</p>	<p>Chicken Teriyaki Dippers Steamed Brown Rice Oriental Vegetables Fortune Cookie Pineapple Tidbits</p>	<p>Baked Potato Bar Potato w/choice of broccoli, ham, cheese sauce, sour cream Tomato Soup Wheat Bread Stick Chilled Peaches</p>	<p>Stuffed Crust Pizza w/choice of toppings Caesar Salad Mandarin Oranges</p>
26	27	28	29	30
<p>National Spinach Day Toasted Cheese Sandwich Tomato Soup Spinach Salad Chilled Peaches</p>	<p>Nachos! Nachos! w/Seasoned Meat, lettuce, tomato, cheese sauce, salsa & sour cream Steamed Brown Rice Sweet Corn Apple Slices</p>	<p>Mozzarella Sticks w/marinara sauce Smashed Cauliflower Pears</p>	<p>Deli Day – choice of turkey, ham, buffalo chicken, cheese, tuna, w/ Lettuce, Tomato, Pickles Crinkle Cut Fries Raisins</p>	<p>Round Pan Pizza w/ choice of toppings Fresh Garden Salad w/light ranch dressing Mandarin Oranges</p>

Daily Meal Options: Tuna, Chicken Salad, Turkey, Peanut Butter or Cheese on a whole wheat bread or roll. Bagel or Cereal Lunch (with cheese & yogurt). Grilled Chicken Salad Plate or Garden Salad w/ choice of Tuna, Chicken Salad, Turkey or Cheese. Gluten-Free Pizza on Fridays; Gluten-Free Turkey & Cheese Roll-Ups on a brown rice tortilla daily. GF Hot Dog and Hamburger Rolls available when hot dogs, hamburgers and grilled chicken sandwiches are served.

Daily Offerings: Assorted Fresh and Chilled Fruit, Carrot Bags, Choice of 1%, Skim, Fat-Free Chocolate or Lactaid Milk.

Legumes (chick peas, kidney beans, etc.) offered two days per week with lunch.

Gluten-Free Pizza on Fridays; Gluten-Free Turkey & Cheese Roll-Ups on a brown rice tortilla daily. GF Hot Dog and Hamburger Rolls available when hot dogs, hamburgers and grilled chicken sandwiches are served.

Fish Available on Fridays during Lent.