

Wayland Middle School Lunch Menu May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Before placing your order, please notify your server if anyone in your party has a food allergy.</p> <p>This institution is an equal opportunity employer.</p>	1	2	3	4
	Kayem Light Hot Dog or Chicken Sausage on a whole wheat roll Vegetarian Beans Tomato & Cucumber Salad Applesauce	Whole Grain Chicken Tenders w/dipping sauces Sweet Potato Crinkle Cut Fries Chilled Peaches	Breakfast for Lunch Pancakes Sausage Patty or String Cheese Baby Carrots w/ light ranch dressing Cantaloupe Slices	National Orange Juice Day Stuffed Crust Pizza w/ choice of toppings Spinach Salad Orange Juice Cup
7	8	9	10	11
Something New Cheese Stuffed Breadsticks w/marinara sauce Broccoli Baked Cinnamon Apples	Chicken Teriyaki Dippers Vegetable Lo Mein Oriental Blend Vegetables Fortune Cookie Pears	Burgers! Burgers! (choice of beef patty, turkey burger, veggie burger or fish sandwich) Crinkle Cut Fries Craisins	Chicken Fajitas w/peppers, onions, salsa & sour cream Spanish Rice Corn Chilled Peaches	Round Pan Pizza w/ choice of toppings Caesar Salad Orange Halves
14	15	16	17	18
Ham & Cheese or Cheese Croissant Potato Smiles Pickle Apple Slices	Popcorn Chicken Salad Plate w/lettuce, tomato, peppers, shredded carrots and light ranch dressing Warm Baked Pretzel Orange Smiles	Choice of Cheese Ravioli or Stuffed Shells California Blend Vegetables Breadstick Peaches	BBQ Pulled Pork Sub Crinkle Cut Fries Pears	Big Daddy's Pizza w/choice of toppings Tossed Garden Salad Raisins
21	22	23	24	25
Toasted Cheese Sandwich Tomato Soup Three Bean Salad Pears	Whole Grain Spaghetti w/ a side of meatballs Green Beans Wheat Dinner Roll Peaches	Chicken Caesar Wrap Tater Tots Grapes	Lean Tacos w/ seasoned meat or fish , cheese, lettuce, tomato, salsa, sour cream Steamed Brown Rice Sweet Corn Cinnamon Apple Slices	PIZZA BAR Assorted Pizzas w/choice of toppings Caesar Salad Orange
28	29	30	31	
NO SCHOOL	Breakfast for Lunch French Toast Sticks Sausage Patty or String Cheese Potato Wedges Apple Sauce	Baked Mozzarella Sticks w/ marinara sauce Baby Carrots Raisins	Back by Popular Demand Baked Whole Grain Chicken Nuggets w/dipping sauces Mashed Potatoes Corn Craisins	Harvest of the Month: Seafood

Daily Meal Options: Salad Plates, Chicken Patties, burgers (beef, turkey or veggie), Deli Sandwiches. GF hamburger and hot dog rolls available when hot dogs, hamburgers or grilled chicken are being 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.