



Wayland Elementary 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	Burgers! Burgers! Choice of beef patty, turkey burger or veggie burger on a wheat roll Crinkle Cut Fries Homemade Apple Crisp Milk	Chicken Stirfry w/ broccoli, carrots, celery, onions Steamed Brown Rice Wheat Dinner Roll Pineapple Tidbits Milk	Northend Pizza w/ choice of toppings Fresh Garden Salad w/Light Italian Dressing 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 Diced Pears Milk	Lean Tacos w/seasoned meat, cheese, lettuce, tomato, salsa & sour cream Steamed Brown Rice Sweet Corn 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	Whole Grain Pasta w/ side of Meatballs Green Beans Craisins Milk	National Pretzel Day Oven Baked Chicken Patty on a wheat roll Caesar Salad Bag of Pretzels Diced Peaches Milk	Chicken Teriyaki Dippers Vegetable Lo Mein Fortune Cookie Pineapple Tidbits Milk	Round Pan Pizza w/ choice of toppings Tossed Garden Salad Raisins

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 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 being served

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.

