

Wayland Middle School Lunch Menu September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <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>5</p> <p>WELCOME BACK Baked Mozzarella Sticks w/ marinara sauce Broccoli Baked Cinnamon Apples</p>	<p>6</p> <p>Whole Grain Chicken Patty Sandwich on a wheat roll w/ Lettuce & Tomato Potato Wedges Orange Halves</p>	<p>7</p> <p>Pasta Day Whole Grain Spaghetti w/ Meatballs Honey Glazed Carrots Dinner Roll Pears</p>	<p>8</p> <p>Stuffed Crust Pizza w/choice of toppings Spinach Salad w/ light Italian dressing Chilled Peaches</p>
<p>10</p> <p style="text-align: center;">NO SCHOOL</p>	<p>11</p> <p>Meatball Sub Potato Smiles Craisins</p>	<p>12</p> <p>Popcorn Chicken Mashed Potatoes Baby Carrots Wheat Dinner Roll Apple</p>	<p>13</p> <p>Kayem Light Hot Dog or Chicken Sausage on a whole wheat roll Vegetarian Beans Fresh Veggie Sticks w/ light ranch dressing Peaches</p>	<p>14</p> <p>North End Pizza w/ choice of toppings Caesar Salad Pears</p>
<p>17</p> <p>Macaroni & Cheese Broccoli Three Bean Salad Peaches</p>	<p>18</p> <p>Lean Tacos w/ seasoned meat, cheese, lettuce, tomato, salsa & sour cream Steamed Brown Rice Corn Apple Slices</p>	<p>19</p> <p style="text-align: center;">NO SCHOOL</p>	<p>20</p> <p>Chicken Caesar Wrap Crinkle Cut Fries Raisins</p>	<p>21</p> <p>French Bread Pizza w/ choice of toppings Fresh Garden Salad w/ Light Italian Dressing Chilled Peaches</p>
<p>24</p> <p>Toasted Cheese Sandwich Tomato Soup Three Bean Salad Peaches</p>	<p>25</p> <p>Breakfast for Lunch French Toast Sticks Jones Light Sausage or String Cheese Tomato & Cucumber Salad Apple Sauce</p>	<p>26</p> <p>Teriyaki Chicken Dippers Vegetable Lo Mein w/oriental blend veggies Fortune Cookie Orange Smiles</p>	<p>27</p> <p>Burgers! Burgers! Choice of beef patty, veggie burger or turkey w/ lettuce, tomato & pickle Tater Tots Craisins</p>	<p>28</p> <p>Round Pan Pizza w/ choice of topping Caesar Salad Pears</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/ choice of Tuna, Chicken Salad, Turkey or Cheese.

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 chicken sandwiches are served.

HARVEST OF THE MONTH: TOMATOES