

Wayland Elementary School Lunch Menu September 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>	4	5	6	7	
	<p>WELCOME BACK Baked Mozzarella Sticks w/ marinara sauce Broccoli Baked Cinnamon Apples</p>	<p>Whole Grain Chicken Patty Sandwich on a wheat roll w/ Lettuce & Tomato Potato Wedges Orange Halves</p>	<p>Pasta Day Whole Grain Spaghetti w/ Meatballs Honey Glazed Carrots Dinner Roll Pears</p>	<p>Stuffed Crust Pizza w/choice of toppings Spinach Salad w/ light Italian dressing Chilled Peaches</p>	
10	11	12	13	14	
NO SCHOOL	<p>Meatball Sub Potato Smiles Craisins</p>	<p>Popcorn Chicken Salad Plate w/lettuce, tomato, peppers, shredded carrots and light ranch dressing Warm Baked Pretzel Orange Smiles</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>Round Pan Pizza w/ choice of toppings Caesar Salad Pears</p>	
17	18	19	20	21	
<p>Macaroni & Cheese Broccoli Three Bean Salad Peaches</p>	<p>Lean Tacos w/ seasoned meat, cheese, lettuce, tomato, salsa & sour cream Steamed Brown Rice Corn Apple Slices</p>	NO SCHOOL	<p>Baked Chicken Nuggets w/ dipping sauces Mashed Potatoes Green Beans Raisins</p>	<p>French Bread Pizza w/ choice of toppings Fresh Garden Salad w/ Light Italian Dressing Chilled Pears</p>	
24	25	26	27	28	
<p>Toasted Cheese Sandwich Tomato Soup Three Bean Salad Peaches</p>	<p>Breakfast for Lunch French Toast Sticks Jones Light Sausage or String Cheese Tomato & Cucumber Salad Apple Sauce</p>	<p>Teriyaki Chicken Dippers Vegetable Lo Mein w/fresh veggies Fortune Cookie Orange Smiles</p>	<p>Burgers! Burgers! Choice of beef patty, veggie burger or turkey burger w/ lettuce, tomato & pickle Tater Tots Craisins</p>	<p>North End 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

A portion of this month's fresh produce will be provided by the school gardens