






Wayland Elementary School Menu: February 2020

	Mon	Tue	Wed	Thu	Fri	
<p><i>Before placing your order, please inform your server if a person in your party has a food allergy.</i></p>	<p>3 Something New Lasagna Roll Ups w/marinara sauce Lemon Zest Broccoli Applesauce</p>	<p>4 Breakfast for Lunch Waffles Jones Light Sausage String Cheese Cucumber Wheels 100% Juice Cup</p>	<p>5 Kayem Light Hot Dog on a whole wheat roll Vegetarian Beans Butternut Squash Peaches</p>	<p>6 Baked Chicken Nuggets w/ dipping sauces Potato Smiles Three Bean Salad Pears</p>	<p>7 Round Pan Pizza w/choice of toppings Fresh Garden Salad w/light ranch dressing Raisins</p>	<p>HARVEST OF THE MONTH: Butternut Squash</p>
	<p>10 Toasted Cheese Sandwich Tomato Soup Roasted Chick Peas Orange</p>	<p>11 Back by Popular Demand Chicken & Waffles w/ syrup cup Corn on the Cob Apple</p>	<p>12 Whole Grain Pasta w/side of Meatballs Green Beans Wheat Breadstick Pears</p>	<p>13 Grilled Chicken Patty on a wheat roll w/lettuce & tomatoes Tater Tots Peaches</p>	<p>14 French Bread Pizza w/choice of Toppings Caesar Salad Craisins</p> 	<p>Daily Offerings: Assorted Fresh & Chilled Fruit, Carrot Bags, Choice of 1%, Skim, Fat-Free Chocolate or Lactaid Milk</p>
	<p>17 No School</p>	<p>18 No School</p>	<p>19 No School</p>	<p>20 No School</p>	<p>21 No School</p>	<p>Legumes offered two days per week with all lunches.</p>
	<p>24 Macaroni & Cheese Warm Whole Grain Soft Pretzel Peas Raisins</p>	<p>25 Popcorn Chicken w/ dipping sauces Mashed Potatoes Butternut Squash Pears</p>	<p>26 NO LUNCH</p>	<p>27 Breakfast for Lunch French Toast Sticks Jones Light Sausage or String Cheese Baby Carrots w/ light ranch dressing Apple Slices</p>	<p>28 Northend Pizza w/ choice of toppings Caesar Salad Orange</p>	<p>Gluten-Free (GF) Pizza, Sandwiches and Salad Plates</p>
					<p>FISH SERVED ON FRIDAYS DURING LENT.</p>	<p>PLEASE IN- FORM YOUR SERVER IF ANYONE IN YOUR PARTY HAS A FOOD ALLERGY.</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.

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 Offerings: Gluten-Free Pizza on Fridays; Gluten-Free Turkey & Cheese on GF roll available daily. GF Hot Dog and Hamburger Rolls available when hot dogs, hamburgers and chicken sandwiches are served.

A la Carte Breakfast available Daily: Choice of three: cereal, granola bar, muffin, string cheese, yogurt, juice cup, milk