






Wayland Middle 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 Peaches</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 Apple Slices</p>	<p>6 Baked Chicken Nuggets w/ dipping sauces Potato Smiles Three Bean Salad Pears</p>	<p>7 French Bread Pizza w/choice of Toppings Caesar Salad 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 Peaches</p>	<p>12 Whole Grain Pasta w/side of Meatballs Fresh Green Beans Wheat Dinner Roll Pears</p>	<p>13 Grilled Chicken Patty on a wheat roll w/ lettuce & tomatoes Tater Tots Apple Slices</p>	<p>14 Stuffed Crust Pizza w/ choice of toppings Tossed Garden Salad Craisins</p> 	<p>Daily Offerings: Assorted Fresh & Chilled Fruit, Carrot Bags, Choice of 1%, Skim, Fat-Free Chocolate or Lactaid Milk</p>
	<p>No School</p>	<p>No School</p>	<p>No School</p>	<p>No School</p>	<p>No School</p>	<p>Legumes offered two days per week with all lunches.</p>
	<p>24 Macaroni & Cheese Warm Whole Grain Soft Pretzel Peas Peaches</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 Chicken Caesar Wrap Crinkle Cut Fries Raisins</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: Salad Plates, Chicken Patties, Burgers (beef, turkey or veggie), Deli Sandwiches

Daily Offerings: Assorted 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 daily; Gluten-Free Turkey & Cheese, Hamburgers or Cheeseburgers.
GF Grilled Chicken sandwich upon request.