





Wayland Elementary School Menu: March 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>2 Mozzarella Sticks w/marinara sauce Carrots Pears</p>	<p>3 Nachos! Nachos! w/seasoned Meat, Lettuce, tomato, cheese sauce, salsa & sour cream Steamed Brown Rice Sweet Corn Apple Sauce</p>	<p>4 Whole Grain Spaghetti w/ Meatballs Roasted Broccoli Warm Garlic Knot (NEW) Grapes</p>	<p>5 Chicken Tenders w/ dipping sauces Mashed Potatoes Peas Craisins</p>	<p>6 Stuffed Crust Pizza w/choice of toppings Caesar Salad Peaches</p>	<p>HARVEST OF THE MONTH: Dairy</p>
	<p>9 Mini Ravioli Green Beans Chick Pea Salad Garlic Bread Peaches</p>	<p>10 Burgers! Burgers! (choice of beef, turkey or veggie burger) on a whole wheat roll Crinkle Cut Fries Veggie Sticks w/light ranch dressing Orange Halves</p>	<p>11 Chicken Teriyaki Dippers Steamed Brown Rice California Blend Veggies Fortune Cookie Cantaloupe</p>	<p>12 National Pancake Day Pancakes Jones Light Sausage or String Cheese Yogurt Cup Cucumber Wheels Applesauce</p>	<p>13 Round Pan Pizza w/choice of toppings Caesar Salad Pears</p>	<p>Daily Offerings: Assorted Fresh & Chilled Fruit, Carrot Bags, Choice of 1%, Skim, Fat-Free Chocolate or Lactaid Milk</p>
	<p>16 Max Pizza Sticks w/ marinara sauce Steamed Broccoli Raisins</p>	<p>17 Yogurt Bar Vanilla or Strawberry Yogurt, Strawberries, Blueberries, Granola Muffin, String Cheese, Sunflower Seeds, Baby Carrots</p>	<p>18 Everyone's Favorite Chicken Nuggets w/ Dipping sauces Sweet Potato Fries Sweet Corn Applesauce</p>	<p>19 Kayem Light Hot Dog or Chicken Sausage on a whole wheat roll Vegetarian Beans Tomato & Cucumber Salad Peaches</p>	<p>20 French Bread Pizza w/ choice of toppings Caesar Salad Pears</p>	<p>Legumes offered two days per week with all lunches.</p>
	<p>23 Ham & Cheese or Cheese Croissants Tater Tots Peaches</p>	<p>24 "Warrior Sampler" 3 meatballs, 3 mozzarella sticks w/ marinara sauce WW Breadstick Green Beans Pears</p>	<p>25 Breakfast for Lunch French Toast Sticks Jones Light Sausage or String Cheese Home Fries Apple Slices</p>	<p>26 National Spinach Day Popcorn Chicken Mashed Potatoes Spinach Orange Halves</p>	<p>27 Wild Mike's Pizza (NEW) w/choice of toppings Fresh Garden Salad Dried Cranberries</p>	<p>Gluten-Free (GF) Pizza, Sandwiches and Salad Plates</p>
	<p>30 Toasted Cheese Sandwich Tomato Soup Spinach Salad Chilled Peaches</p>	<p>31 Deli Day Choice of Turkey, Ham, Cheese or Tuna w/lettuce, tomato, pickles Crinkle Cut Fries Raisins</p>			<p>FISH AVAILABLE ON FRIDAYS DURING LENT.</p>	<p>PLEASE INFORM 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