





Wayland Middle 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 Where You're From, Where You've Been and Where You'd Like to Go Day Homemade Pizza Bar Fresh Garden Salad Baby Carrot Bags Strawberry Cup</p>	<p>3 Spanish Day "Sandwich Mixto" Grilled Ham & Cheese Sandwich Zucchini "Fries" Churros Apple Slices</p>	<p>4 Latin Day Chicken Fajitas Quinoa Salad w/ Avocado (NEW) Corn Homemade Peach Crisp</p>	<p>5 Chinese Day Orange Chicken Egg Roll Brown Rice Steamed Broccoli Fortune Cookie Pineapple Tidbits</p>	<p>6 French Day Quiche French Onion Soup Tomato & Basil Salad Chocolate "Mousse" Craisins</p>	<p>HARVEST OF THE MONTH: Dairy</p>
	<p>9 Mini Ravioli Primavera (tossed in a cheese sauce w/ broccoli & grape tomatoes (NEW)) Caesar Salad Garlic Bread Peaches</p>	<p>10 Kayem Light Hot Dog or Chicken Sausage on a whole wheat roll Vegetarian Beans Tomato & Cucumber Salad Craisins</p>	<p>11 Everyone's Favorite Popcorn Chicken w/ Dipping sauces Tater Tots Sweet Corn Raisins</p>	<p>12 National Pancake Day Pancakes Jones Light Sausage or String Cheese Yogurt Cup Potato Wedges Applesauce</p>	<p>13 Stuffed Crust Pizza w/choice of toppings Fresh Veggies w/ light ranch dressing Pears</p>	<p>Daily Offerings: Assorted Fresh & Chilled Fruit, Carrot Bags, Choice of 1%, Skim, Fat-Free Chocolate or Lactaid Milk</p>
	<p>16 WG Macaroni & Cheese Steamed Broccoli Whole Grain Soft Pretzel Raisins WELLNESS WEEK</p>	<p>17 Yogurt Bar Vanilla or Strawberry Yogurt, Strawberries, Blueberries, Granola, Muffin, String Cheese, Sunflower Seeds, Baby Carrots WELLNESS WEEK</p>	<p>18 Salad Bar Garden Salad w/choice of Shredded Cheese, Ham, Turkey, Chick Peas or Tuna Homemade Vegetable Soup, Wheat Dinner Roll, Apple WELLNESS WEEK</p>	<p>19 Chicken Caesar Wrap Roasted Red Potatoes Chick Peas Banana WELLNESS WEEK</p>	<p>20 Homemade Pizza Bar Choice of Cheese, Turkey Pepperoni or Veggie Fresh Garden Salad Orange Halves WELLNESS WEEK</p>	<p>Legumes offered two days per week with all lunches.</p>
	<p>23 "Warrior Sampler" 3 meatballs, 3 mozzarella sticks w/ marinara sauce WW Breadstick Green Beans Apple Slices</p>	<p>24 Tacos! Tacos! w/seasoned Meat, Lettuce, tomato, cheese sauce, salsa & sour cream Steamed Brown Rice Sweet Corn; Craisins</p>	<p>25 "Egg McWarrior" (egg patty, sausage patty and cheese on an English muffin) Potato Wedges Carrot Bag Pears</p>	<p>26 National Spinach Day Chicken Teriyaki Dippers Steamed Brown Rice Spinach Fortune Cookie Orange</p>	<p>27 Big Daddy's Pizza w/choice of topping Tossed Garden Salad Homemade Peach Crisp</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, Roast Beef, Cheese, Tuna w/lettuce, tomato, pickles Crinkle Cut Fries Applesauce</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: 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.