

Wayland Elementary School Lunch Menu May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Before placing your order, please notify your server if anyone in your party has a food allergy.</p> <p>This institution is an equal opportunity employer.</p>	<p>1</p> <p>Kayem Light Hot Dog or Chicken Sausage on a whole wheat roll Vegetarian Beans Tomato & Cucumber Salad Applesauce</p>	<p>2</p> <p>Whole Grain Chicken Tenders w/dipping sauces Sweet Potato Crinkle Cut Fries Chilled Peaches</p>	<p>3</p> <p>Breakfast for Lunch Pancakes Jones Light Sausage or String Cheese Baby Carrots w/ light ranch dressing Cantaloupe Slices</p>	<p>4</p> <p>National Orange Juice Day Pizza Bar w/ choice of toppings Spinach Salad w/Light Italian Dressing Orange Juice Cup</p>
<p>7</p> <p>Something New Cheese Stuffed Breadsticks w/marinara sauce Broccoli Baked Cinnamon Apples</p>	<p>8</p> <p>Chicken Teriyaki Dippers Vegetable Lo Mein Oriental Blend Vegetables Fortune Cookie Pears</p>	<p>9</p> <p>Meatball Sub Zucchini "Fries" Cucumber Wheels Chilled Peaches</p>	<p>10</p> <p>Burgers! Burgers! (choice of beef patty, turkey burger, veggie burger or fish sandwich) Crinkle Cut Fries Craisins</p>	<p>11</p> <p>Round Pan Pizza w/ choice of toppings Caesar Salad Orange Halves</p>
<p>14</p> <p>Ham & Cheese or Cheese Croissant Potato Smiles Pickle Apple Slices</p>	<p>15</p> <p>Popcorn Chicken Salad Plate w/lettuce, tomato, peppers, shredded carrots and light ranch dressing Warm Baked Pretzel Orange Smiles</p>	<p>16</p> <p>Choice of Cheese Ravioli or Stuffed Shells California Blend Vegetables Breadstick Peaches</p>	<p>17</p> <p>Whole Grain Chicken Patty on a wheat roll w/lettuce & tomato Crinkle Cut Fries Pears</p>	<p>18</p> <p>Big Daddy's Pizza w/choice of toppings Fresh Veggie Sticks w/ Light Ranch Dressing Raisins</p>
<p>21</p> <p>Toasted Cheese Sandwich Tomato Soup Three Bean Salad Pears</p>	<p>22</p> <p>Whole Grain Spaghetti w/ a side of meatballs Green Beans Wheat Dinner Roll Peaches</p>	<p>23</p> <p>Grilled Chicken Breast Sandwich on a wheat roll w/lettuce & tomato Tater Tots Grapes</p>	<p>24</p> <p>Lean Tacos w/ seasoned meat or fish, cheese, lettuce, tomato, salsa, sour cream Steamed Brown Rice Sweet Corn Cinnamon Apple Slices</p>	<p>25</p> <p>French Bread Pizza w/choice of toppings Caesar Salad Orange</p>
<p>28</p> <p>NO SCHOOL</p>	<p>29</p> <p>Breakfast for Lunch French Toast Sticks Jones Light Sausage or String Cheese Potato Wedges Apple Sauce</p>	<p>30</p> <p>Baked Mozzarella Sticks w/ marinara sauce Baby Carrots Raisins</p>	<p>31</p> <p>Back by Popular Demand Chicken Nuggets w/dipping sauces Mashed Potatoes Corn Craisins</p>	<p>Harvest of the Month:</p> <p>Seafood</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. 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 grilled chicken sandwiches are served.

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 grilled chicken sandwiches are served.