





Wayland High “Main Event” Menu: September 2018

	Mon	Tue	Wed	Thu	Fri	
<i>Before placing your order, please inform your server if a person in your party has a food allergy.</i>	PLEASE INFORM YOUR SERVER IF ANYONE IN YOUR PARTY HAS A FOOD ALLERGY				Daily Offerings: Assorted Fresh & Chilled Fruit, Carrot Bags , Choice of 1%, Skim, Fat-Free Chocolate or Lactaid Milk	HARVEST OF THE MONTH: Tomatoes
	3. No School	4. Teriyaki Chicken Dippers Vegetable Lomein w/fresh vegetables Fortune Cookie Pears	5. Breakfast for Lunch French Toast Sticks Sausage Home Fries Applesauce	6. Tacos! Tacos! Seasoned Meat w/ lettuce, tomato , cheese, salsa & sour cream Black Beans & Rice Corn; Orange Slices	7. Steak & Cheese Sub Crinkle Cut Fries Chilled Peaches	Legumes offered two days per week with all lunches.
	10. No School	11. Chicken Fajitas Steamed Brown Rice Sautéed Mushrooms Sliced Pears	12. Croissants! Croissants! Ham & Cheese or Cheese Roasted Potatoes Cinnamon Baked Apple Slices	13. Popcorn Chicken w/ dipping sauces Mashed Potatoes Broccoli Wheat Dinner Roll Orange Halves	14. Meatball Sub Curly Fries Peaches	Gluten-Free (GF) Pizza available
	17. Baked Ziti Parmesan Honey Glazed Carrots Garlic Bread Mixed Fruit	18. Chicken Nuggets Mashed Potatoes Zucchini & Summer Squash Wheat Dinner Roll Pears	19. No School	20. Breakfast for Lunch Pancakes Jones Light Sausage Home Fries Fresh Local Apple	21. Chicken Caesar Wrap Tater Tots Chilled Peaches	.
	24. Mozzarella Sticks w/ Marinara Sauce Broccoli Mixed Fruit	25. Chicken Parmesan w/ side of pasta Tomato Basil Salad Garlic Bread Sliced Pears	26. Everyone’s Favorite Wholegrain Funnel Cake w/ Sausage Sweet Potatoes Applesauce	27. Nachos! Nachos! Seasoned Meat w/ Lettuce, tomato , cheese sauce, salsa sour cream Brown Rice; Corn Orange	28. BBQ Pulled Pork Sandwich Oven Baked Fries Peaches	This Institution is an equal Opportunity Employer