

Mon 1	Tue 2	Wed 3	Thu 4	Fri 5
Max Stix w Dipping cup Steamed Broccoli Pears 1% Milk Chocolate Milk	Pasta Primavera Garlic Knot Fresh Caesar Salad Peaches 1% Milk Chocolate Milk	French Toast Sticks Chicken Sausages Potato Hashbrown Fresh Baby Carrots Roasted Chick Peas Apple Slices 1% Milk Chocolate Milk	Ham & Cheese Croissant -OR- Cheese Croissant Tater Tots Mixed Fruit 1% Milk Chocolate Milk	BBQ Pulled Chicken Bowl Whole Wheat Dinner Roll Peas Raisins 1% Milk Chocolate Milk
Mon 8	Tue 9	Wed 10	Thu 11	Fri 12
Macaroni & Cheese Soft Pretzel Peas Black Bean & Corn Salad Peaches 1% Milk Chocolate Milk	Egg Sandwich with Bacon & Cheese Cucumber Wheels Mixed Fruit 1% Milk Chocolate Milk	Waffles Chicken Sausages Tater Tots Roasted Chick Peas Pears 1% Milk Chocolate Milk	Popcorn Chicken Whole Wheat Dinner Roll Mashed Potatoes Honey Glazed Carrots Raisins 1% Milk Chocolate Milk	Meatball Sub Sweet Potato Fries Fresh Caesar Salad Apple Slices 1% Milk Chocolate Milk
Mon 15	Tue 16	Wed 17	Thu 18	Fri 19
Cheese Ravioli Parmesan Garlic Knot Fresh Caesar Salad Applesauce 1% Milk Chocolate Milk	Waffles Crispy Golden Chicken Tenders Honey Glazed Carrots Peaches 1% Milk Chocolate Milk	Exam Day - Deli, Grill, Salad Plates Available	Exam Day - Deli, Grill, Salad Plates Available	-NO SCHOOL-
Mon 22	Tue 23	Wed 24	Thu 25	Fri 26
Mozzarella Sticks/Sauce Peas Pears 1% Milk Chocolate Milk	Grab-and-Go Cereal Lunch 1% Milk Chocolate Milk	No Information Provided	No Information Provided	No Information Provided
Mon 29	Tue 30			
No Information Provided	No Information Provided			

Deli:
Salad Plates:

Pizza Bar:

Grill:

Please notify server of any food allergies:

Legumes are available 2 days per week on lunch lin:

Daily Breakfast: Choice of Whole Grain selection; :

Assorted Fresh and Canned Fruits Available Daily:

USDA is an equal opportunity provider, employer, and lender.

View more: <http://schools.mealviewer.com/school/WaylandHighSchool>

Allergen Legend 0 Milk 1 Egg 2 Peanut 3 TreeNut 4 Fish 5 Shellfish 6 Soy 7 Wheat 8 Sesame