

Mon 1	Tue 2	Wed 3	Thu 4	Fri 5
Max Stix w Dipping cup Green Beans Pears 1% Milk Chocolate Milk	Popcorn Chicken, Chicken Nuggets or Tenders Peas Peaches 1% Milk Chocolate Milk	French Toast Sticks Chicken Sausage Potato Hashbrown Fresh Baby Carrots Fresh Apple Slices 1% Milk Chocolate Milk	Beef Patty on Whole Wheat Roll Crinkle Cut Fries Roasted Chick Peas Orange Smiles 1% Milk Chocolate Milk	French Bread Pizza Fresh Caesar Salad Mixed Fruit 1% Milk Chocolate Milk
Mon 8	Tue 9	Wed 10	Thu 11	Fri 12
Mozzarella Sticks/Sauce Steamed Broccoli Applesauce 1% Milk Chocolate Milk	Breaded Chicken Patty on Whole Wheat Roll Steamed Carrots Pears 1% Milk Chocolate Milk	Hot Dog on Whole Wheat Roll Vegetarian Beans Cucumber Wheels Peaches 1% Milk Chocolate Milk	Nacho Meal Corn Clementine Oranges 1% Milk Chocolate Milk	Round Pan Pizza Fresh Caesar Salad Watermelon 1% Milk Chocolate Milk
Mon 15	Tue 16	Wed 17	Thu 18	Fri 19
Toasted Cheese Sandwich Tomato Soup Roasted Chick Peas Mixed Fruit 1% Milk Chocolate Milk	Breaded Chicken Patty on Whole Wheat Roll Corn Fresh Apple Slices 1% Milk Chocolate Milk	Waffles Chicken Sausage Potato Hashbrown Fresh Baby Carrots Pears 1% Milk Chocolate Milk	Pizza Bar Fresh Caesar Salad Peaches 1% Milk Chocolate Milk	-NO SCHOOL-
Mon 22	Tue 23	Wed 24	Thu 25	Fri 26
Ham & Cheese Croissant -OR- Cheese Croissant Black Bean & Corn Salad Pears 1% Milk Chocolate Milk	Grab and Go Bagel Lunch 1% Milk Chocolate Milk	No Information Provided	No Information Provided	No Information Provided
Mon 29	Tue 30			
No Information Provided	No Information Provided			

Grilled Chicken Salad Plate:

Toasted Cheese Sandwich:

Sunbutter & Jelly Sandwich:

Vegetarian Salad Plate:

Veggie Burger:

Chicken Caesar Salad Plate:

Please notify server of any food allergies:

Legumes are available 2 days per week on lunch lin:

Daily Breakfast: Choice of Whole Grain selection; :

Chicken Patty Sandwich:

Assorted Fresh and Canned Fruits Available Daily:

Sunbutter Sandwich:

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View more: <http://schools.mealviewer.com/school/WaylandMiddleSchool>
Allergen Legend
0 Milk
1 Egg
2 Peanut
3 TreeNut
4 Fish
5 Shellfish
6 Soy
7 Wheat
8 Sesame