

Wayland Middle School / Lunch

MARCH 2026

Mon 2	Tue 3	Wed 4	Thu 5	Fri 6
Max Stix w Dipping cup Green Beans Pears 1% Milk Chocolate Milk	Pulled Chicken Sandwich Crinkle Cut Fries Roasted Chick Peas Dried Cranberries 1% Milk Chocolate Milk	Yogurt Bar with Bagel Fresh Baby Carrots 1% Milk Chocolate Milk	Chicken Broccoli Alfredo Whole Wheat Dinner Roll Steamed Broccoli Clementine Oranges 1% Milk Chocolate Milk	Round Pan Pizza Cucumber Wheels Fresh Local Apple 1% Milk Chocolate Milk
Mon 9	Tue 10	Wed 11	Thu 12	Fri 13
-INTERNATIONAL DAY- Pasta & Meatballs Bread Stick Roasted Cauliflower Peaches 1% Milk Chocolate Milk	-CHINESE DAY- General Tso's Chicken Steamed Brown Rice Honey Glazed Carrots Clementine Oranges Fortune Cookie 1% Milk Chocolate Milk	- FRENCH DAY - Ham & Cheese Croissant -OR- Cheese Croissant Roasted Zucchini & Squash Medley Fresh Local Apple 1% Milk Chocolate Milk	-SPANISH DAY- Nacho Bowl Fresh Caesar Salad Orange Smiles 1% Milk Chocolate Milk	-LATIN DAY- Chicken&Cheese Quesadilla w/ Salsa and Sour Cream Black Bean & Corn Salad Pineapple Tidbits 1% Milk Chocolate Milk
Mon 16	Tue 17	Wed 18	Thu 19	Fri 20
Toasted Cheese Sandwich Tomato Soup Apple Slices 1% Milk Chocolate Milk	French Toast Sticks Chicken Sausages Tater Tots Roasted Chick Peas Dried Cranberries 1% Milk Chocolate Milk	Baked Chicken Nuggets Sweet Potato Fries Mixed Fruit 1% Milk Chocolate Milk	Chicken Parmesan Sandwich on Whole Wheat Roll California Blend Veggies Fresh Grapes 1% Milk Chocolate Milk	Big Daddy's Pizza Fresh Garden Salad Clementine Oranges 1% Milk Chocolate Milk
Mon 23	Tue 24	Wed 25	Thu 26	Fri 27
Mozzarella Sticks/Sauce Peas Mixed Fruit 1% Milk Chocolate Milk	Baked Pasta Steamed Cauliflower Peaches 1% Milk Chocolate Milk	Hot Dog on Whole Wheat Roll Veggie Hot Dog on Whole Wheat Roll Fresh Baby Carrots Vegetarian Beans Pears	Beef Patty with Cheese on Whole Wheat Roll Oven Fries Fresh Local Apple 1% Milk Chocolate Milk	Stuffed Crust Pizza Spinach Salad Fresh Strawberries 1% Milk Chocolate Milk

Mon 23	Tue 24	Wed 25	Thu 26	Fri 27
		1% Milk Chocolate Milk		
Mon 30	Tue 31			
Macaroni & Cheese Soft Pretzel Edamame Peaches cup 1% Milk Chocolate Milk	Popcorn Chicken Sweet Potato Fries Mixed Fruit 1% Milk Chocolate Milk			

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;
 Fish Sandwich Available on Fridays during Lent
 Harvest of the Month: Winter Squash
 Chicken Patty Sandwich
 Assorted Fresh and Canned Fruits Available Daily
 View more: <http://schools.mealviewer.com/school/WaylandMiddleSchool>
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