









OCTOBER 2017 - WAYNE PUBLIC MIDDLE SCHOOL MENU

BULLY	Monday	Tuesday	Wednesday	Thursday	Friday
	2 Traditions <i>Cheese Raviolies w/ Garlic Bread</i> <i>Golden Pineapple, Sweet Potatoe Fries & Spinach Tossed Salad.</i> Honor Roll Bacon Cheese Burger Upper Crust <i>Tomato Basil Pizza Slice</i> Stacks Pepperoni & Cheese stuffed Sand. <i>FT- Garden Salad</i> World Day of Bullying Prevention	3 Traditions Breaded Chicken Legs Basket w/ Biscuit, Applesauce, Potato Wedges & Spinach Tossed Salad, Honor Roll Cheesy All Beef Hot Dog Upper Crust Eat The Heat -Buffalo Chicken Pizza Stacks <i>Balsamic Roasted Vegetable Wrap</i>  FT- Chef Salad LUCKY TRAY DAY	4 Traditions <i>Penne Pasta w/ a Pink Sauce & Garlic Bread.(Meatsauce, Marinara or Plain)Spinach Tossed Salad, Red Grapes & Romaine Salad.</i> Honor Roll Chicken Nugget Basket w/Breadstick Upper Crust Pepperoni Calzone Stacks Ham & Cheese Sub w/Honey Mustard FT- Chicken Ceasar Salad	5 Traditions Sweet & Sour Chicken w/ Brown Rice, Stir Fry Veggies, Banana & Spinach Tossed Salad Honor Roll Beef Rib a Que Sandwich Upper Crust <i>Four Cheese Pizza</i> Stacks Bacon Ranch Chicken Sandwich FT-Eat The Heat -Buffalo Chicken Salad  HEALTHY HEART DAY	6 Traditions <i>Macaroni & Cheese w/ a Roll, Garbanzo Bean Salad, Spinach Tossed Salad & Melon Bites</i> Honor Roll Sausage & Peppers Hoagie Upper Crust Flatbread Pizza(Plain/Pepperoni) Stacks <i>Egg Salad on Whole Wheat</i> FT- Antipasto Salad WORLD SMILE DAY
	9 SCHOOL CLOSED COLUMBUS DAY	10 Traditions Cheese Steak Sandwich w/ Steak Fries, Romaine Tossed Salad & Fruit Cocktail Honor Roll <i>Grilled Cheese w/Tomato &/or Bacon</i> Upper Crust <i>Margherita Pizza</i> Stacks Turkey & Swiss on Rye FT- Chef Salad	11 Traditions <i>Noodle Bar (pick your Fav) w/Garlic Bread (Meatsauce, Marinara or Plain) Broccoli Bites, Romaine Salad & Apple</i> Honor Roll Cuban Sandwich Upper Crust Philly Cheesesteak Pizza Stacks Chicken Salad Sub FT- Chicken Ceasar Salad NATIONAL NOODLE DAY	12 Traditions Walking Nacho in Doritos Bag w/ Rice, Stir Fry Veggies, Banana & Romaine Tossed Salad Honor Roll Spicy Chicken Sandwich Upper Crust <i>Three Cheese Stromboli w/Marinara side</i> Stacks Italian Hero FT-Eat The Heat -Buffalo Chicken Salad  LUCKY TRAY DAY	13 Traditions <i>Cheesy Bread Stick Dippers w/ Marinara, Cucumber Slices, Romaine Tossed Salad & Oranges</i> Honor Roll Spicy Chicken Sandwich Upper Crust Superoni Pizza Stacks Turkey Club on Whole Wheat FT- Antipasto Salad
	16 Traditions Breakfast for Lunch- <i>Hot Waffles w/ syrup.</i> Turkey Sausage, Sweet Potato Fries, Spinach Salad & pears Honor Roll Monster Sub(Meatball & Mozz Stix) Upper Crust Buffalo Chicken Calzone Stacks Bologna & American Sub  FT- Garden Salad LUCKY TRAY DAY	 17 Traditions TACO TUESDAY Soft or Hard Shell Taco w/ Toppings, Mashed Potatoes, Spinach Tossed Salad & Grapes Honor Roll Chicken Cordon Bleu Sandwich Upper Crust <i>Cheesy Garlic Knots Marinara</i> Stacks Eat The Heat -Buffalo Chicken Wrap FT- Chef Salad	18 Traditions <i>Three Cheee Baked Ziti w/ Garlic Breadstick, Roasted Vegetables, Spinach Tossed Salad & Plums</i> Honor Roll BBQ Chicken Quesadilla Upper Crust <i>Tomato Pesto Pizza</i> Stacks All American Hero FT- Chicken Ceasar Salad	19 Traditions Boneless Chicken Wing Bar (Buffalo, BBQ, Teriyaki or Plain) French Fries, Spinach Tossed Salad & Yellow Banana Honor Roll Beef & Cheese Burrito Upper Crust <i>Spinoccoli Pizza</i> Stacks Turkey & Provolone Hero FT-Eat The Heat -Buffalo Chicken Salad	20 Traditions Chicken &/ or Cheese Quesadilla w/ Salsa, Garlic Green Beans, Spinach Salad & Plaintains Honor Roll Mucho Nacho Bar w/ Chili Upper Crust <i>Sicilian Square Pie Slice</i> Stacks Turkey Bacon Lettuce & Tomato Sandwich w/ Garlic Mayo FT- Antipasto Salad
	23 Traditions Beef Sloppy Joe Sandwich w/ Carrot Crunchers, Romaine Tossed Salad & Pineapple Honor Roll Chicken Parmesan Sub Upper Crust LOCAL OUTSIDE PIZZA Stacks <i>Tuna Salad & Cheddar Wrap</i> FT- Garden Salad	24 Traditions <i>Mozzarella Sticks Marinara w/ a Roll, Steamed Broccoli, Romaine Tossed Salad & Sweet Peaches</i> Honor Roll Pizza Burger Upper Crust Eat The Heat -Spicy Buffalo Pizza Stacks Roast Beef & Cheddar Hero FT- Chef Salad	25 Traditions Chicken & Waffles Sandwich (Chicken Patty served in two Waffles) Smile Fries, Romaine Tossed Salad & Orange Smiles Honor Roll Bacon Cheddar Burger Upper Crust Classic Calzone Stacks Salami, Ham Bruschetta Sandwich  FT- Chicken Ceasar Salad LUCKY TRAY DAY	 26 Traditions Breakfast for Lunch- <i>Golden Pancakes w/ syrup.</i> Turkey Sausage, Three Bean Salad, Romaine Salad & Cantaloupe Honor Roll Twin Hot Dog Boat Upper Crust Teriyaki Pineapple Pizza Stacks Ham & Cheese Wrap FT-Eat The Heat -Buffalo Chicken Salad	27 Traditions Buffalo Chicken Wrap w/ Green Pepper Strips, Romaine Tossed Salad & Pears Honor Roll BBQ Pulled Pork Sandwich Upper Crust <i>Pizza Roll(Plain/ Pepperoni)</i> Stacks <i>Herb Roasted Veggie Wrap</i> FT- Antipasto Salad
	30 Traditions Cheesesteak Sub w/ Glazed Carrots, Ripe Apple & Romaine Tossed Salad Honor Roll <i>Tuna Melt</i> Upper Crust <i>Vegetable Primavera Pizza</i> Stacks Eat The Heat -Buffalo Chicken Wrap  FT- Garden Salad LUCKY TRAY DAY	31 Traditions Mummy Dogs(All Beef) w/ Sliced Potato Fingers, Black Cat Cantaloupe, Frankenstein Salad & a Ghastly Good Halloween Treat Honor Roll Meatball Parmesan Hero Upper Crust <i>Pita Pizza-Plain or Pepperoni</i> Stacks <i>Tuna Salad Sub</i> FT- Chef Salad  HAPPY HALLOWEEN			

Don't Forget to Smile!

AVAILABLE DAILY

Hamburger	Cheese Pizza
Cheeseburger	Pepperoni Pizza
Made to Order Deli	Tossed Salad
Fresh Vegetables	Fresh Fruit
1% Unflavored Milk	100% Juice Cup
Fatfree Unflavored Milk	
Fatfree Chocolate Milk	

SCHOOL MEAL PRICES

(Prices subject to change)

Lunch		
Paid	\$2.75	<i>Italicized and underlined items are vegetarian</i>
Reduced	\$0.40	
Adult	\$3.50	
A la Carte Milk	\$0.55	

WORK WHILE YOUR CHILD IS IN SCHOOL

Foodservice positions available. No experience necessary, but preferred. Paid training, if interested call School Nutrition office at 973-317-2239



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