



WAYNESBORO AREA SCHOOL DISTRICT
Saint Andrew Menu
 September 2023



Please visit www.schoolcafe.com to apply for Free/Reduced Meals!

Monday, 9/4	Tuesday, 9/5	Wednesday, 9/6	Thursday, 9/7	Friday, 9/8
NO SCHOOL TODAY!				
	<u>Today's Lunch Choices</u> (A) Toasted Cheese 34g (B) Peanut Butter & Grape Jelly Uncrustable 32g	<u>Today's Lunch Choices</u> (A) Walking Taco 35g NEW! (B) Fiestada Pizza 43g	<u>Today's Lunch Choices</u> (A) Popcorn Chicken w/ Dinner Roll 32g (B) Pork Patty w/ Dinner Roll 32g	<u>Today's Lunch Choices</u> (A) 4x6 Pizza 35g (B) Fish Sticks w/Dinner Roll 35g
	<u>Vegetable & Fruit Choices</u> Tomato Soup 18g Fresh Baby Carrots 7g Chilled Applesauce 15g	<u>Vegetable & Fruit Choices</u> Steamed Corn 16g Refried Beans 28g Chilled Pineapple Tidbits 22g	<u>Vegetable & Fruit Choices</u> Mashed Potatoes 24g Steamed Cheesy Broccoli 6g Strawberry Cup 21g	<u>Vegetable & Fruit Choices</u> Potato Smiles 18g Crunchy Celery Dippers 4g Fresh Orange Wedges 22g <u>Dessert:</u> Chocolate Pudding 24g

Monday, 9/11	Tuesday, 9/12	Wednesday, 9/13	Thursday, 9/14	Friday, 9/15
<u>Today's Lunch Choices</u> (A) Max Sticks w/ Dipping Sauce 39g (B) Turkey & Cheese on Croissant Roll 30g <u>Vegetable & Fruit Choices</u> Caesar Salad 20g Cheery Cherry Tomatoes 6g Chilled Mandarin Oranges 23g <u>Dessert:</u> Lays Original Chips 15g	<u>Today's Lunch Choices</u> (A) Chicken & Waffles 63g (B) Ham & Cheese on Roll 30g <u>Vegetable & Fruit Choices</u> Baked Beans 30g Celery Sticks 4g Chilled Diced Pears 15g	<u>Today's Lunch Choices</u> NEW! (A) Baked Rotini w/Garlic Bread Stick 66g (B) Rib B Q on Roll 37g <u>Vegetable & Fruit Choices</u> Tossed Garden Salad 1g Cheery Cherry Tomatoes 6g Chilled Diced Peaches 20g	<u>Today's Lunch Choices</u> (A) Chicken Nuggets w/Dinner Roll 28g (B) Hamburger Steak w/ Dinner Roll 20g <u>Vegetable & Fruit Choices</u> Mashed Potatoes 24g Glazed Carrots 8g Chilled Applesauce 15g	<u>Today's Lunch Choices</u> (A) Stuffed Crust Pizza 29g (B) Chicken BLT Salad 19g (Romaine Lettuce, Diced Chicken, Bacon Crumbles & Mozzarella Cheese) w/Cheez-It Crackers & Croutons <u>Vegetable & Fruit Choices</u> Crispy Crinkle Cut Fries 12g Broccoli Trees 1g Chilled Pineapple 22g

Menus reflect grams (g) for carbohydrates only.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

What Makes a Lunch?

You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of grain, choice of fruit, choice of vegetable, and choice of milk. A minimum of ½ cup serving of fruit or a minimum of a ½-cup serving of vegetable MUST accompany a reimbursable meal.

Monday, 9/18	Tuesday, 9/19	Wednesday, 9/20	Thursday, 9/21	Friday, 9/22
<p>Today's Lunch Choice (A) Nacho Nuevos 53g (B) Corn Dog 30g</p> <p>Vegetable & Fruit Choices Steamed Golden Corn 22g Refried Beans 24g Cinnamon Applesauce 14g</p>	<p>Today's Lunch Choices (A) Pancakes w/Sausage 32g (B) Hot Ham & Cheese on Croissant Roll 30g</p> <p>Vegetable & Fruit Choices Crunchy Tater Tots 14g Celery Dippers 4g Chilled Mandarin Oranges 23g</p>	<p>Today's Lunch Choices (A) Creamy Chicken Alfredo w/Garlic Breadstick 71g (Rotini Noodles, Alfredo Sauce & Chicken) (B) Cheeseburger on Roll 32g</p> <p>Vegetable & Fruit Choices Tossed Garden Salad 1g Cheery Cherry Tomatoes 6g Chilled Pineapple 22g Dessert: Chocolate Chip Cookie 27g</p>	<p>Today's Lunch Choices (A) Chicken Strips w/Donner Roll 29g (B) Pork Patty w/Dinner Roll 32g</p> <p>Vegetable & Fruit Choices Mashed Potatoes 24g Steamed Green Beans 4g Chilled Diced Peaches 20g</p>	<p>Today's Lunch Choices (A) French Bread Pizza 32g (B) Hot Dog on Bun 29g</p> <p>Vegetable & Fruit Choices Potato Smiles 18g Broccoli Trees 2g Banana 28g</p>

Breakfast Fruit Selection may include 100% Fruit Juice or Fresh Fruit Daily!

Monday, 9/25	Tuesday, 9/26,	Wednesday, 9/27	Thursday, 9/28	Friday, 9/29
<p>Today's Lunch Choices (A) Chicken Pattie on Roll 42g (B) Snack Pack Muffin Lunch 73g</p> <p>Vegetable & Fruit Choices Baked Beans 30g Fresh Baby Carrots 7g Chilled Diced Pears 15g</p>	<p>Today's Lunch Choices NEW! Taco Tuesday (A) Soft Shell Beef Taco w/Cheese 29g (Fixings avail.) (B) Rib B Q on Roll 37g</p> <p>Vegetable & Fruit Choices Crunchy Celery Dippers 4g Steamed Garden Peas 11g Wild Cherry Icee 19g</p>	<p>Today's Lunch Choices (A) Spaghetti w/ Meat Sauce & Breadstick 71g (B) Grilled Chicken on Roll 30g</p> <p>Vegetable & Fruit Choices Romaine Salad 2g Plump Grape Tomatoes 6g Chilled Applesauce 15g</p>	<p>Today's Lunch Choices (A) Chicken Fries w/Dinner Roll 29g (B) Hamburger Steak w/Roll 20g</p> <p>Vegetable & Fruit Choices Mashed Potatoes 24g Steamed Cheesy Broccoli 6g Chilled Mandarin Oranges 23g</p>	<p>Today's Lunch Choices (A) Mickey's Pizza 28g (B) Popcorn Chicken Salad 37g w/Dinner Roll (Lettuce, tomatoes, cucumbers, cheddar cheese topped w/Popcorn Chicken)</p> <p>Vegetable & Fruit Choices Crispy Oven Fries 17g Crunchy Cucumber Wheels 2g Banana 28g</p>

Menus are subject to change due to the availability of food items!

