


WAYNESBORO AREA SCHOOL DISTRICT
St Andrew School Menu
 January 2023



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

Monday, 1/2	Tuesday, 1/3	Wednesday, 1/4	Thursday, 1/5	Friday, 1/6
FID DAY FOR ST ANDREW	<u>Today's Lunch Choices</u> (A) Toasted Cheese 36g (B) Peanut Butter & Grape Jelly Uncrustable 32g <u>Vegetable & Fruit Choices</u> Tomato Soup 20g Chilled Applesauce 14g Dessert: Goldfish Cheese Crackers 14g	<u>Today's Lunch Choices</u> (A) Walking Taco 34g (B) Corn Dog 33g <u>Vegetable & Fruit Choices</u> Steamed Corn 22g Refried Beans 24g Chilled Pineapple Tidbits 22g	<u>Today's Lunch Choices</u> (A) Popcorn Chicken w/ Dinner Roll 31g (B) Pork Patty w/ Dinner Roll 33g <u>Vegetable & Fruit Choices</u> Mashed Potatoes 21g Steamed Garden Peas 11g Strawberry Cup 21g	<u>Today's Lunch Choices</u> (A) Personal Pan Pizza 43g (B) Chicken BLT Salad 21g (Romaine Lettuce, Diced Chicken, Bacon Crumbles & Mozzarella Cheese) w/Cheez-It Crackers & Croutons <u>Vegetable & Fruit Choices</u> Potato Smiles 20g Crunchy Celery Dippers 4g Fresh Orange Wedges 19g


Monday, 1/9	Tuesday, 1/10	Wednesday, 1/11	Thursday, 1/12	Friday, 1/13
NEW! <u>Today's Lunch Choices</u> (A) Chicken & Waffles 59g (Breaded Chicken Strips w/Waffles & Syrup) (B) Ham & Cheese on Roll 31g <u>Vegetable & Fruit Choices</u> Baked Beans 29g Celery Sticks 4g Chilled Diced Pears 22g	<u>Today's Lunch Choices</u> (A) Turkey & Cheese Hoagie 42g (B) Snack Pack Muffin Lunch 27g <u>Vegetable & Fruit Choices</u> Vegetable Soup 29g Crunchy Cucumber Wheels 2g Wild Cherry Icee 19g Dessert: Cookie 27g	<u>Today's Lunch Choices</u> (A) Lasagna w/ Garlic Breadstick 49g (B) Rib B Q on Roll 37g <u>Vegetable & Fruit Choices</u> Tossed Garden Salad 4g Cheery Cherry Tomatoes 6g Chilled Peaches 17g	<u>Today's Lunch Choices</u> (A) Chicken Nuggets w/Dinner Roll 30g (B) Hamburger Steak w/ Dinner Roll 20g <u>Vegetable & Fruit Choices</u> Mashed Potatoes 21g Glazed Carrots 16g Chilled Mandarin Oranges 17g	NO SCHOOL TODAY! 

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, 1/16	Tuesday, 1/17	Wednesday, 1/18	Thursday, 1/19	Friday, 1/20
<p>NO SCHOOL TODAY!</p> 	<p>Today's Lunch Choices (A) Pancakes w/ Sausage 32g (B) Turkey & Cheese on a Roll 30g</p> <p>Vegetable & Fruit Choices Crunchy Tater Tots 19g Celery Dippers 4g Chilled Mandarin Oranges 17g</p>	<p>Today's Lunch Choices (A) Cheeseburger on Roll 32g (B) Snack Pack Muffin Lunch 27g</p> <p>Vegetable & Fruit Choices Baked Beans 29g Fresh Baby Carrots 8g Chilled Pineapple 22g</p>	<p>Today's Lunch Choices (A) Chicken Strips w/Donner Roll 32g (B) Pork Patty w/Dinner Roll 33g</p> <p>Vegetable & Fruit Choices Mashed Potatoes 21g Steamed Green Beans 5g Chilled Peaches 17g</p>	<p>Today's Lunch Choices (A) French Bread Pizza 24g (B) Popcorn Chicken Salad 25g w/Dinner Roll (Lettuce, tomatoes, cucumbers, cheddar cheese topped w/Popcorn Chicken)</p> <p>Vegetable & Fruit Choices Potato Smiles 20g Broccoli Trees 8g Chilled Pears 22g</p>

Monday, 1/23	Tuesday, 1/24	Wednesday, 1/25	Thursday, 1/26	Friday, 1/27
<p>Today's Lunch Choices (A) Chicken Pattie on Roll 45g (B) Ham & Cheese Wrap 34g</p> <p>Vegetable & Fruit Choices Baked Beans 29g Fresh Baby Carrots 8g Chilled Diced Pears 22g Dessert: Chocolate Pudding 24g</p>	<p>Today's Lunch Choices (A) Hot Dog on Roll 29g (B) Snack Pack Muffin 27g</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 70g (B) Grilled Chicken Sandwich 30g</p> <p>Vegetable & Fruit Choices Romaine Salad 2g Plump Grape Tomatoes 6g Chilled Applesauce 14g</p>	<p>Today's Lunch Choices (A) Chicken Nuggets w/Dinner Roll 30g (B) Hamburger Steak w/Roll 20g</p> <p>Vegetable & Fruit Choices Mashed Potatoes 21g Steamed Cheesy Broccoli 8g Chilled Mandarin Oranges 17g</p>	<p>Today's Lunch Choices (A) Mickey's Pizza 29g (B) Fish Sticks w/Roll 39g</p> <p>Vegetable & Fruit Choices Crispy Oven Fries 22g Crunchy Cucumber Wheels 2g Frozen Peach Cup 21g</p>

