



WAYNESBORO AREA SCHOOL DISTRICT
St. Andrew Menu
October 2023



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

Monday, 10/2	Tuesday, 10/3	Wednesday, 10/4	Thursday, 10/5	Friday, 10/6
				NO SCHOOL TODAY!!
<u>Today's Lunch Choices</u> (A) Chicken Nuggets w/Goldfish Crackers 27g (B) Snack Pack Muffin Lunch 73g <u>Vegetable & Fruit Choices</u> Baked Beans 30g Crunchy Cucumber Wheels 2g Fresh Apple Slices 7g	<u>Today's Lunch Choices</u> (A) Toasted Cheese 34g (B) Peanut Butter & Grape Jelly Uncrustable 32g <u>Vegetable & Fruit Choices</u> Tomato Soup 18g Fresh Baby Carrots 7g Chilled Applesauce 15g	<u>Today's Lunch Choices</u> (A) Walking Taco 35g NEW! (B) Fiestada Pizza 43g <u>Vegetable & Fruit Choices</u> Steamed Corn 16g Refried Beans 28g Chilled Pineapple Tidbits 22g	<u>Today's Lunch Choices</u> (A) Popcorn Chicken w/ Dinner Roll 32g (B) Pork Patty w/ Dinner Roll 32g <u>Vegetable & Fruit Choices</u> Mashed Potatoes 24g Steamed Cheesy Broccoli 6g Strawberry Cup 21g	

Monday, 10/9	Tuesday, 10/10	Wednesday, 10/11	Thursday, 10/12	Friday, 10/13
NO SCHOOL TODAY!!				
	<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, 10/16	Tuesday, 10/17	Wednesday, 10/18	Thursday, 10/19	Friday, 10/20
<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 NEW! (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/Dinner 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>

Monday, 10/23	Tuesday, 10/24	Wednesday, 10/25	Thursday, 10/26	Friday, 10/27
<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</p> <p>Vegetable & Fruit Choices Crispy Oven Fries 17g Crunchy Cucumber Wheels 2g Banana 28g</p>

Monday, 10/30	Tuesday, 10/31	Wednesday, 11/1	Thursday, 11/2	Friday, 11/3
<p>Today's Lunch Choices (A) Chicken Nuggets w/Goldfish Crackers 27g (B) Snack Pack Muffin Lunch 73g</p> <p>Vegetable & Fruit Choices Baked Beans 30g Crunchy Cucumber Wheels 2g Fresh Apple Slices 7g</p>	<p>Today's Lunch Choices (A) Toasted Cheese 34g (B) Peanut Butter & Grape Jelly Uncrustable 32g</p> <p>Vegetable & Fruit Choices Tomato Soup 18g Fresh Baby Carrots 7g Chilled Applesauce 15g</p>	<p>Today's Lunch Choices NEW! (A) Walking Taco 35g (B) Fiestada Pizza 43g</p> <p>Vegetable & Fruit Choices Steamed Corn 16g Refried Beans 28g Chilled Pineapple Tidbits 22g</p>	<p>Today's Lunch Choices (A) Popcorn Chicken w/ Dinner Roll 32g (B) Pork Patty w/ Dinner Roll 32g</p> <p>Vegetable & Fruit Choices Mashed Potatoes 24g Steamed Cheesy Broccoli 6g Strawberry Cup 21g</p>	<p>Today's Lunch Choices (A) 4x6 Pizza 35g (B) Fish Sticks w/Dinner Roll 35g</p> <p>Vegetable & Fruit Choices Potato Smiles 18g Crunchy Celery Dippers 4g Fresh Orange Wedges 22g Chocolate Pudding 24g</p>