




WAYNESBORO AREA SCHOOL DISTRICT
St Andrew School Menu
 November 2022



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

Monday, 10/31	Tuesday, 11/1	Wednesday, 11/2	Thursday, 11/3	Friday, 11/4
<p>Today's Lunch Choices (A) Max Sticks w/Dipping Sauce 40g (B) Turkey & Cheese on Croissant Roll 27g</p> <p>Vegetable & Fruit Choices Caesar Salad 9g Cheery Cherry Tomatoes 6g Chilled Mandarin Oranges 17g</p>	<p>Today's Lunch Choices (A) Toasted Cheese 36g (B) Peanut Butter & Grape Jelly Uncrustable 32g</p> <p>Vegetable & Fruit Choices Tomato Soup 20g Fresh Baby Carrots 8g Chilled Applesauce 14g Dessert: Goldfish Cheese Crackers 14g</p>	<p>Today's Lunch Choices (A) Walking Taco 34g (B) Corn Dog 33g</p> <p>Vegetable & Fruit Choices Steamed Corn 22g Refried Beans 24g Chilled Pineapple Tidbits 22g</p>	<p>Today's Lunch Choices (A) Popcorn Chicken w/ Dinner Roll 31g (B) Pork Patty w/ Dinner Roll 33g</p> <p>Vegetable & Fruit Choices Mashed Potatoes 21g Steamed Garden Peas 11g Strawberry Cup 21g</p>	<p>Today's Lunch Choices (A) Personal Pan Pizza 43g (B) Chicken BLT Salad 21g (Romaine Lettuce, Diced Chicken, Bacon Crumbles & Mozzarella Cheese) w/Cheez-It Crackers & Croutons</p> <p>Vegetable & Fruit Choices Potato Smiles 20g Crunchy Celery Dippers 4g Fresh Orange Wedges 19g</p>

Monday, 11/7	Tuesday, 11/8	Wednesday, 11/9	Thursday, 11/10	Friday, 11/11
<p>Today's Lunch Choices  (A) Chicken & Waffles 59g (Breaded Chicken Strips w/Waffles & Syrup) (B) Ham & Cheese on Roll 31g</p> <p>Vegetable & Fruit Choices Baked Beans 29g Celery Sticks 4g Chilled Diced Pears 22g</p>	<p>Today's Lunch Choices (A) Turkey & Cheese Hoagie 42g (B) Snack Pack Muffin Lunch 27g</p> <p>Vegetable & Fruit Choices Vegetable Soup 29g Crunchy Cucumber Wheels 2g Wild Cherry Iced 19g Dessert: Cookie 27g</p>	<p>Today's Lunch Choices (A) Lasagna w/ Garlic Breadstick 49g (B) Rib B Q on Roll 37g</p> <p>Vegetable & Fruit Choices Tossed Garden Salad 4g Cheery Cherry Tomatoes 6g Chilled Peaches 17g</p>	<p>NO SCHOOL TODAY FOR WASD!</p> 	<p>NO SCHOOL TODAY!</p> 


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, 11/14	Tuesday, 11/15	Wednesday, 11/16	Thursday, 11/17	Friday, 11/18
<p>Today's Lunch Choice (A) Nacho Nuevos 48g (B) Corn Dog 33g</p> <p>Vegetable & Fruit Choices Steamed Golden Corn 22g Refried Beans 24g Cinnamon Applesauce 14g</p>	<p>Today's Lunch Choices (A) French Toast Sticks w/ Sausage 45g (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) Roast Turkey and Filling 90g</p>  <p>Vegetable & Fruit Choices Mashed Potatoes 21g Steamed Green Beans 5g Cranberry Relish 35g Dessert: Cookie 27g</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>

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

Monday, 11/21	Tuesday, 11/22	Wednesday, 11/23	Thursday, 11/24	Friday, 11/25
<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 Lunch 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>		

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

