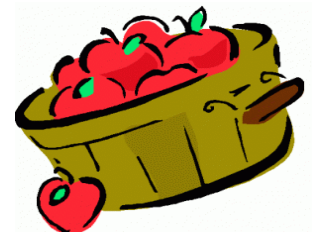


WAYNESBORO AREA SCHOOL DISTRICT
St Andrew School Menu
 September 2022



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

Monday, 9/5	Tuesday, 9/6	Wednesday, 9/7	Thursday, 9/8	Friday, 9/9
NO SCHOOL TODAY!				
	Today's Lunch Choices (A) Toasted Cheese 36g (B) Peanut Butter & Grape Jelly Uncrustable 32g	Today's Lunch Choices A) Walking Taco 34g (B) Corn Dog 33g	Today's Lunch Choices (A) Popcorn Chicken w/ Dinner Roll 31g (B) Pork Patty w/ Dinner Roll 33g	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
	Vegetable & Fruit Choices Tomato Soup 20g Fresh Baby Carrots 8g Chilled Applesauce 14g Dessert: Goldfish Cheese Crackers 14g	Vegetable & Fruit Choices Steamed Corn 22g Refried Beans 24g Chilled Pineapple Tidbits 22g	Vegetable & Fruit Choices Mashed Potatoes 21g Steamed Garden Peas 11g Strawberry Cup 21g	Vegetable & Fruit Choices Potato Smiles 20g Crunchy Celery Dippers 4g Fresh Orange Wedges 19g

Monday, 9/12	Tuesday, 9/13	Wednesday, 9/14	Thursday, 9/15	Friday, 9/16
Today's Lunch Choices (A) Chicken & Waffles (Breaded Chicken Strips w/Waffles & Syrup) 59g (B) Ham & Cheese on Roll 31g	Today's Lunch Choices (A) Turkey & Cheese Hoagie 42g (B) Snack Pack Muffin Lunch 27g	Today's Lunch Choices (A) Lasagna w/ Garlic Breadstick 49g (B) Rib B Q on Roll 37g	Today's Lunch Choices (A) Chicken Nuggets w/Dinner Roll 30g (B) Hamburger Steak w/ Dinner Roll 20g	Today's Lunch Choices (A) Stuffed Crust Pizza 35g (D) Chicken Caesar Salad 32g w/Dinner Roll
Vegetable & Fruit Choices Baked Beans 29g Celery Sticks 4g Chilled Diced Pears 22g	Vegetable & Fruit Choices Vegetable Soup 29g Crunchy Cucumber Wheels 2g Wild Cherry Icee 19g Dessert: Cookie 27g	Vegetable & Fruit Choices Tossed Garden Salad 4g Cheery Cherry Tomatoes 6g Chilled Peaches 17g	Vegetable & Fruit Choices Mashed Potatoes 21g Glazed Carrots 16g Chilled Mandarin Oranges 17g	Vegetable & Fruit Choices Crispy Oven Fries 22g Broccoli Trees 8g 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, 9/19	Tuesday, 9/20	Wednesday, 9/21	Thursday, 9/22	Friday, 9/23
<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) 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 <small>NEW!</small> (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, 9/26	Tuesday, 9/27	Wednesday, 9/28	Thursday, 9/29	Friday, 9/30
<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 Fries 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 <small>NEW!</small> (B) Cobb Salad 35g (Lettuce, Diced Chicken, Mozzarella Cheese, Tomato, Egg & Peas) & Garlic Knot</p> <p>Vegetable & Fruit Choices Crispy Oven Fries 22g Crunchy Cucumber Wheels 2g Banana 30g</p>

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

