

**WAYNESBORO AREA SCHOOL DISTRICT**  
**Elementary School Menu**  
**November 2021**



We encourage you to visit [www.schoolcafe.com](http://www.schoolcafe.com) and apply for Free/Reduced meals even though meals are free to all children 18 years of age and younger this school year. You may qualify for additional benefits through the state and federal government if your child qualifies for free or reduced meals.

Monday, 11/1	Tuesday, 11/2	Wednesday, 11/3	Thursday, 11/4	Friday, 11/5
<b>Breakfast:</b> Warm Cinnamon Bun 33g, Chilled Diced Pears 22g and Milk	<b>Breakfast:</b> Mini French Toast 37g, Chilled Mandarin Oranges 17g and Milk	<b>Breakfast:</b> Egg and Cheese Sandwich 32g, Chilled Peaches 17g and Milk	<b>Breakfast:</b> Apple Churro 27g w/ Yogurt 17g, and Applesauce 14g, and Milk	<b>Breakfast:</b> Assorted Cereal 25g, w/Pop Tart 38g, Pineapple Tidbits 22g and Milk
<b>Today's Lunch Choices</b> (A) Walking Taco 34g (B) Hot Dog on Roll 29g  <b>Vegetable &amp; Fruit Choices</b> Steamed Corn 22g Refried Beans 24g Chilled Pineapple Tidbits 22g	<b>Today's Lunch Choices</b> (A) Toasted Cheese 36g (B) Peanut Butter & Grape Jelly Uncrustable 32g  <b>Vegetable &amp; Fruit Choices</b> Tomato Soup 20g Fresh Baby Carrots 8g Chilled Applesauce 14g Dessert: Cookie 27g	<b>Today's Lunch Choices</b> (A) Max Sticks w/ Dipping Sauce 40g <b>NEW!</b> (B) <b>Pizza Snack Pack Lunch</b> (Flat Bread, Mozzarella Cheese, Marinara Sauce & Pepperoni) <b>Vegetable &amp; Fruit Choices</b> Caesar Salad 9g Cheery Cherry Tomatoes 6g Chilled Mandarin Oranges 17g	<b>Today's Lunch Choices</b> (A) Popcorn Chicken w/ Dinner Roll 31g (B) Breaded Hamburger Steak w/ Dinner Roll 33g  <b>Vegetable &amp; Fruit Choices</b> Mashed Potatoes 21g Steamed Garden Peas 11g Chilled Pears 22g	<b>Today's Lunch Choices</b> (A) Cheese Pizza 43g <b>NEW!</b> (B) <b>Chicken BLT Salad 24g</b> (Romaine Lettuce, Diced Chicken, Bacon Crumbles & Mozzarella Cheese)  <b>Vegetable &amp; Fruit Choices</b> Potato Smiles 20g Crunchy Celery Dippers 4g Fresh Orange Wedges 19g

Monday, 11/8	Tuesday, 11/9	Wednesday, 11/10	Thursday, 11/11	Friday, 11/12
<b>Breakfast:</b> Donut 29g, Chilled Applesauce 14g and Milk	<b>Breakfast:</b> Apple Frudel 36g, Chilled Peaches 17g and Milk	<b>Breakfast:</b> Bacon, Egg & Cheese Sandwich 32g, Chilled Mandarin Oranges 17g and Milk	<b>NO SCHOOL TODAY!</b>	<b>Breakfast:</b> Assorted Cereal 25g, w/Pop Tart 38g, Chilled Pears 22g and Milk
<b>Today's Lunch Choices</b> (A) Chicken Nuggets w/ Dinner Roll 30g (B) Ham & Cheese on Roll 31g  <b>Vegetable &amp; Fruit Choices</b> Baked Beans 29g Celery Sticks 4g Chilled Diced Pears 22g Dessert: Chocolate Pudding 24g	<b>Today's Lunch Choices</b> (A) Turkey & Cheese Hoagie (B) Snack Pack Muffin Lunch 27g  <b>Vegetable &amp; Fruit Choices</b> Vegetable Soup 29g Crunchy Cucumber Wheels 2g Frozen Fruit Icee 19g	<b>Today's Lunch Choices</b> (A) Lasagna w/ Garlic Breadstick 49g (B) Rib B Q on Roll 37g  <b>Vegetable &amp; Fruit Choices</b> Tossed Garden Salad 4g Cheery Cherry Tomatoes 6g Chilled Peaches 17g		<b>Today's Lunch Choices</b> (A) Cheese Pizza 35g (B) Chicken Caesar Salad 32g  <b>Vegetable &amp; Fruit Choices</b> 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.

**Meal Prices:**



**FREE BREAKFAST AND LUNCH FOR ALL LEARNERS!**

Adult Lunch \$4.15

Monday, 11/15	Tuesday, 11/16	Wednesday, 11/17	Thursday, 11/18	Friday, 11/19
<b>Breakfast:</b> Mini Pancakes w/Syrup 66g, Chilled Sliced Peaches 17g and Milk	<b>Breakfast:</b> Mini Cinni's 40g, Chilled Pineapple 22g and Milk	<b>Breakfast:</b> Ham, Egg & Cheese Sandwich 32g, Chilled Applesauce 14g, and Milk	<b>Breakfast:</b> Pumpkin Roll 38g, Chilled Diced Pears 22g, and Milk	<b>Breakfast:</b> Assorted Cereal 22g w/Pop Tart 38g, Fresh Apple Slices 7g and Milk
<b>Today's Lunch Choice</b> (A) Nacho Nuevos 48g (B) Hot Dog on Roll 29g  <b>Vegetable &amp; Fruit Choices</b> Steamed Golden Corn 22g Refried Beans 24g Cinnamon Applesauce 14g	<b>Today's Lunch Choices</b> (A) Pancakes w/ Sausage 30g (B) Turkey & Cheese on a Roll 30g  <b>Vegetable &amp; Fruit Choices</b> Crunchy Tater Tots 19g Crunchy Celery Dippers 4g Chilled Mandarin Oranges 17g	<b>Today's Lunch Choices</b> (A) Cheeseburger on Roll 32g (B) Snack Pack Muffin Lunch 27g  <b>Vegetable &amp; Fruit Choices</b> Baked Beans 29g Fresh Baby Carrots 8g Chilled Pineapple 22g	<b>Holiday Lunch</b> Roast Turkey and Filling 90g   <b>Vegetable &amp; Fruit Choices</b> Mashed Potatoes 21g Steamed Golden Corn 22g Cranberry Relish 35g Dessert: Cookie 27g	<b>Today's Lunch Choices</b> (A) Cheese Pizza 24g (B) Chef Salad 36g  <b>Vegetable &amp; Fruit Choices</b> Potato Smiles 20g Broccoli Trees 8g Chilled Pears 22g

**Milk Choice include Fat Free White 13g, 1% White 13g, and Fat Free Chocolate 29g.**

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

Monday, 11/22	Tuesday, 11/23	Wednesday, 11/24	Thursday, 11/25	Friday, 11/26
<b>Breakfast:</b> Mini Waffles 38g, Chilled Mandarin Oranges 17g and Milk	<b>Breakfast:</b> Breakfast Pizza 26g, Chilled Peaches 14g and Milk	<b>Breakfast:</b> Super Bakery Donut 29g, Chilled Pineapple Tidbits 22g and Milk	<b>NO SCHOOL TODAY!</b>	<b>NO SCHOOL TODAY!</b>
<b>Today's Lunch Choices</b> (A) Chicken Pattie on Roll 45g (B) Ham & Cheese Wrap 34g  <b>Vegetable &amp; Fruit Choices</b> Baked Beans 29g Fresh Baby Carrots 8g Chilled Diced Pears 22g DESSERT: Cookie 27g	<b>Today's Lunch Choices</b> (A) Fish Nuggets w/Dinner Roll 36g (B) Snack Pack Muffin 27g  <b>Vegetable &amp; Fruit Choices</b> Macaroni & Cheese 46g Crunchy Celery Dippers 4g Steamed Garden Peas 11g Frozen Fruit Icee 19g	<b>Today's Lunch Choices</b> (A) Spaghetti w/ Meat Sauce & Breadstick 70g (B) Grilled Chicken Sandwich 30g  <b>Vegetable &amp; Fruit Choices</b> Romaine Salad 2g Plump Grape Tomatoes 6g Chilled Applesauce 14g		

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

