




WAYNESBORO AREA SCHOOL DISTRICT
Elementary School Menu
December 2019



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

Monday, 12/2	Tuesday, 12/3	Wednesday, 12/4	Thursday, 12/5	Friday, 12/6
NO SCHOOL TODAY!	NO SCHOOL TODAY!	Breakfast: Bacon, Egg & Cheese Sandwich 32g, Chilled Mandarin Oranges 19g and Milk	Breakfast: Funnel Cake 43g, Pineapple Tidbits 22g and Milk	Breakfast: Assorted Cereal 25g, w/Pop Tart 38g, Chilled Pears 22g and Milk
		<u>Today's Lunch Choices</u> (A) Lasagna in Sauce & Breadstick 49g (B) Grilled Chicken Sandwich 30g (C) Mickey's Pizza 29g (D) Ham & Cheese on Roll 31g <u>Vegetable & Fruit Choices</u> Tossed Garden Salad 4g Cheery Cherry Tomatoes 6g Chilled Pineapple 22g	<u>Today's Lunch Choices</u> (A) Chicken Strips w/ Dinner Roll 32g (B) Salisbury Steak w/ Dinner Roll 53g (C) Snack Pack Muffin Lunch 27g (D) Chef Salad 36g <u>Vegetable & Fruit Choices</u> Mashed Potatoes 21g Glazed Carrots 16g Chilled Mandarin Oranges 17g	<u>Today's Lunch Choices</u> (A) Stuffed Crust Pizza 35g (B) Tuna Salad on Roll 23g (C) Ham & Cheese on Roll 31g (D) Chef Salad 36g <u>Vegetable & Fruit Choices</u> Crispy Oven Fries 22g Cucumber Wheels 2g Chilled Peaches 17g

Monday, 12/9	Tuesday, 12/10	Wednesday, 12/11	Thursday, 12/12	Friday, 12/13
Breakfast: Mini Pancakes w/Syrup 66g, Chilled Sliced Peaches 14g and Milk	Breakfast: Mini Cinni's 40g, Chilled Pears 22g and Milk	Breakfast: Assorted Breakfast Muffins 33g w/Yogurt 17g, Chilled Mandarin Oranges 19g and Milk	Breakfast: Ham, Egg & Cheese Sandwich 32g, Chilled Applesauce 14g and Milk	Breakfast: Assorted Cereal 22g w/Pop Tart 38g, Chilled Pineapple 22g and Milk
<u>Today's Lunch Choices</u> (A) Pancakes w/ Sausage 45g (B) McWaynes Muffin 27g (C) Snack Pack Lunch 27g (D) Turkey & Cheese on a Roll 30g <u>Vegetable & Fruit Choices</u> Crunchy Tater Tots 19g Celery Dippers 4g Chilled Mandarin Oranges 19g	<u>Today's Lunch Choice</u> (A) Nacho Nuevos 48g (B) Corn Dog 33g (C) Mickey's Pizza 29g (D) Chef Salad 36g <u>Vegetable & Fruit Choices</u> Steamed Golden Corn 22g Refried Beans 24g Cinnamon Applesauce 14g	<u>Today's Lunch Choices</u> (A) Cheeseburger on Roll 32g (B) Rib B Q on Roll 37g (C) Mickey's Pizza 29g (D) Chef Salad 36g <u>Vegetable & Fruit Choices</u> Baked Beans 29g Fresh Baby Carrots 8g Chilled Pineapple 22g DESSERT: Baked Lay's Chips 19g	<u>Holiday Meal</u>  Roast Turkey and Filling <u>Vegetable & Fruit Choices</u> Mashed Potatoes 21g Steamed Golden Corn 22g Cranberry Relish Dessert: Cookie	<u>Today's Lunch Choices</u> (A) French Bread Pizza 24g (B) Fish Sandwich 45g (C) Turkey & Cheese on a Roll 30g (D) Chef Salad 36g <u>Vegetable & Fruit Choices</u> Emoticon Potato Smiles 20g Cucumber Wheels 2g Chilled Pears 22g

Menus reflect grams (g) for carbohydrates only.

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:

Elementary Breakfast \$1.60
 Secondary Breakfast \$1.70
 Reduced Breakfast \$.30
 Elementary Lunch \$2.60
 Secondary Lunch \$2.75
 Reduced Lunch \$.40
 Adult Lunch \$4.10
 Additional Milk \$.60

Monday, 12/16	Tuesday, 12/17	Wednesday, 12/18	Thursday, 12/19	Friday, 12/20
Breakfast: Mini Waffles 38g, Chilled Mandarin Oranges 19g and Milk	Breakfast: Apple Flip 31g , Chilled Peaches 14g and Milk	Breakfast: Cinnamon Toast Crunch Soft Filled Bar 41g, Chilled Pineapple Tidbits 22 g and Milk	Breakfast: Assorted Cereal 25g w/ Pop Tart 38g, Chilled Applesauce 14g and Milk	Breakfast: Breakfast Pizza 26g, Fresh Orange Wedges 19g and Milk
<u>Today's Lunch Choices</u> (A) Chicken Pattie on Roll 45g (B) Peanut Butter & Strawberry Jam Uncrustable 32g (C) Mickey's Pizza 29g (D) Ham & Cheese Wrap 34g <u>Vegetable & Fruit Choices</u> Baked Beans 29g Fresh Baby Carrots 8g Chilled Diced Pears 22g DESSERT : Choc/Van Pudding Swirl	<u>Today's Lunch Choices</u> (A) Shrimp Poppers w/Dinner Roll 27g (B) Hot Ham & Cheese Croissant 28g (C) Snack Pack 27 g (D) Chef Salad 36g <u>Vegetable & Fruit Choices</u> Macaroni & Cheese 46g Steamed Garden Peas 11g Wild Cherry Icee 19g	<u>Today's Lunch Choices</u> (A) Spaghetti w/ Meat Sauce & Breadstick 70g (B) Grilled Chicken Sandwich 30g (C) Mickey's Pizza 29g (D) Ham & Cheese Wrap 34g <u>Vegetable & Fruit Choices</u> Romaine Salad 2g Plump Grape Tomatoes 6g Chilled Applesauce 14g	<u>Today's Lunch Choices</u> (A) Chicken Fries w/Dinner Roll 30g (B) Hamburger Steak w/Roll 20g (C) Snack Pack 27 g (D) Chef Salad 36g <u>Vegetable & Fruit Choices</u> Mashed Potatoes 21g Steamed Cheesy Broccoli 8g Chilled Mandarin Oranges 17g	<u>Today's Lunch Choices</u> (A) Mickey's Pizza 29g (B) Fish Nuggets w/ Dinner Roll 36g (C) Ham & Cheese Wrap 34g (D) Chef Salad 36g <u>Vegetable & Fruit Choices</u> Crispy Oven Fries 22g Crunchy Cucumber Wheels 2 g Chilled Peaches 17g

Breakfast Choice #2 (Available Daily) – Cereal and Whole Grain Toast with Assorted Spreads

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

Monday, 12/23	Tuesday, 12/24	Wednesday, 12/25	Thursday, 12/26	Friday, 12/27
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