



WAYNESBORO AREA SCHOOL DISTRICT
Middle School Food Court
March 2024



Meal Prices
BREAKFAST FREE
FOR ALL LEARNERS!
Reduced Lunch FREE
Secondary Lunch
\$2.95
Adult Lunch \$4.75

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

Monday,	Tuesday,	Wednesday,	Thursday,	Friday, 3/1
				Breakfast: Assorted Cereal 25g w/Pop Tart 38g, Pineapple Tidbits 22g and Milk 21g
				Main Line Special Mozzarella Cheese Sticks w/Marinara Sauce 61g Quick Bite Special Chicken Patty on Roll 42g Vegetable & Fruit Choices Crunchy Celery Sticks 4g Fresh Baby Carrots 7g French Fries 17g Diced Peaches 20g

Milk choices include: Fat Free White, 1% White, Fat Free Chocolate, or Fat Free Strawberry.

Monday, 3/4	Tuesday, 3/5	Wednesday, 3/6	Thursday, 3/7	Friday, 3/8
Breakfast: Maple Mini Waffles 35g, Chilled Applesauce Cup 14g and Milk 21g	Breakfast: Apple Frudel 36g, Chilled Peaches 17g and Milk 21g	Breakfast: Donut 30g, Pineapple Tidbits 22g, and Milk 21g	Breakfast: Sausage, Egg and Cheese Sandwich 32g, Mandarin Oranges 23g, and Milk 21g	Breakfast: Assorted Cereal 25g w/Pop Tart 38g, Chilled Diced Pears 15g, and Milk 21g
Main Line Special Nacho Nuevo's 58g Quick Bite Special Spicy Chicken Patty on Roll 46g Vegetable & Fruit Choice Refried Beans 28g Steamed Corn 16g Pineapple Tidbits 22g	Main Line Special Turkey & Cheese Hoagie w/Chips 47g OR Ham & Cheese Hoagie w/Chips 47g Quick Bite Special Chicken Patty on Roll 42g Vegetable & Fruit Choices Vegetable Soup 37g Cucumber Wheels 2g Onion Rings 18g Fresh Orange Wedges 22g	Main Line Special Meatball Sub 34g OR Chicken Parmesan Sub 39g Quick Bite Special Bacon Cheeseburger on Roll 31g Seasoned Fries 20g Vegetable & Fruit Choices Fresh Garden Salad 2g Fresh Broccoli Florets 2g Applesauce Cup 14g	Main Line Special Chicken Strips w/ Dinner Roll 34g Quick Bite Special Rib-B-Que on Roll 37g Vegetable & Fruit Choices Mashed Potatoes 21g Steamed Glazed Carrots 9g Diced Peaches 20g	Main Line Special Buffalo Chicken Dip w/Tortilla Chips 38g OR Fish Nuggets w/Roll 36g Quick Bite Special Cheesesteak on Roll 31g Vegetable & Fruit Choices Celery Sticks 4g Baked Crinkle Cut Fries 17g Mandarin Oranges 23g

Customize Your Meal


Students are encouraged to "Make A Meal" by choosing a meat or meat alternate, choice of grain, vegetable, fruit and milk from one of the many serving areas. The serving areas include the **Main Line, Pizza Station, Quick Bite, Chef Salads, Snack Packs or Sandwich Bar.**


You may have 5 items (one from each category); but, must take a minimum of 3 items to "Make A Meal."




One of the three items must be a fruit or vegetable.

Carrots and Apple Slices served each day for additional options.

This Institution is an equal opportunity provider.

Monday, 3/11	Tuesday, 3/12	Wednesday, 3/13	Thursday, 3/14	Friday, 3/15
Breakfast: Mini Maple Pancakes 35g, Chilled Applesauce Cup 14g and Milk 21g	Breakfast: Funnel Cake 43g, Chilled Diced Pears 15g and Milk 21g	Breakfast: Apple Flip 41g, Chilled Mandarin Oranges 23g and Milk 21g	Breakfast: Chicken Patty on Biscuit 36g, Chilled Diced Peaches 20g and Milk 21g 	Breakfast: Assorted Cereal 22g w/Pop Tart 38g, Chilled Pineapple 22g and Milk 21g
Main Line Special General Tso's Chicken w/White Rice 56g Quick Bite Special BBQ Bacon Cheddar Burger 41g Deli Roasters 21g Vegetable & Fruit Choices Steamed Broccoli Florets 5g Diced Peaches 20g	Main Line Special Spaghetti w/Meat Sauce & Garlic Bread Stick 70g Quick Bite Special Cheesesteak on Roll 31g Vegetable & Fruit Choices Caesar Salad 20g Cheery Cherry Tomatoes 6g Oven Baked Fries 17g Wild Cherry Icee 19g	Main Line Special Toasted Cheese Sandwich 33g Quick Bite Special Spicy Chicken Patty on Roll 46g Vegetable & Fruit Choices Tomato Soup 14g Cucumber Wheels 2g Sweet Potato Fries 25g Applesauce Cup 14g	Main Line Special Chicken Fries w/Dinner Roll 35g Quick Bite Special Cheeseburger on Roll 31g Vegetable & Fruit Choices Mashed Potatoes 24g Steamed Garden Peas 11g Diced Pears 15g	Main Line Special Max Sticks w/Dipping Sauce 39g Quick Bite Special Rib B Q on Roll 37g OR Fish Fillet w/Cheese on Roll 45g Vegetable & Fruit Choices Potato Smiles 18g Bush's Baked Beans 30g Cucumber Wheels 2g Applesauce Cup 14g

Monday, 3/18	Tuesday, 3/19	Wednesday, 3/20	Thursday, 3/21	Friday, 3/22
Breakfast: Apple Cinnamon Nutri-Grain Bar 30g w/Peach Yogurt 19g, Chilled Mandarin Oranges and Milk 21g	Breakfast: Bacon, Egg and Cheese Sandwich 31g, Chilled Diced Peaches 20g and Milk 21g	Breakfast: Mini Cinnis 40g, Chilled Diced Pears 15g, and Milk 21g	Breakfast: Breakfast Pizza 26g, Chilled Applesauce Cup 15g and Milk 21g	Breakfast: Assorted Cereal 25g w/Pop Tart 38g, Fresh Orange Wedges 19g and Milk 21g
Main Line Special Walking Taco 35g Quick Bite Special Spicy Chicken on Roll 46g Crinkle Cut Fries 15g Vegetable & Fruit Choices Steamed Corn 16g Refried Beans 28g Diced Pears 15g	Main Line Special Chicken Alfredo w/Garlic Breadstick 72g Quick Bite Special Chicken Patty on Roll 42g Crinkle Cut Fries 15g Vegetable & Fruit Choices Steamed Broccoli 5g Wild Cherry Icee 19g Chocolate Pudding 24g	Main Line Special Pancakes w/Sausage 32g  Quick Bite Special Bacon Chicken Melt Sub 29g Vegetable & Fruit Choices Fresh Baby Carrots 7g Crunchy Celery Sticks 2g Tater Tots 15g Fresh Orange Wedges 22g	Holiday Meal Roast Turkey and Filling 90g Quick Bite Special Rib-B-Que on Roll 37g Vegetable & Fruit Choices Mashed Potatoes 21g Steamed Golden Corn 22g Cranberry Relish 35g Dessert: Cookie 27g	Main Line Special Ranch Chicken Wrap 45g OR Buffalo Chicken Wrap 33g Quick Bite Special Corn Dog 27g OR Fish Sticks w/Dinner Roll 35g Vegetable & Fruit Choices Potato Smiles 18g Fresh Garden Salad 2g Grape Tomatoes 3g Pineapple Tidbits 22g

Monday, 3/25	Tuesday, 3/26	Wednesday, 3/27	Thursday, 3/28	Friday, 3/29
Breakfast: Warm Cinnamon Bun 38g, Chilled Diced Pears 15g and Milk 21g	Breakfast: Mini French Toast 37g, Chilled Mandarin Oranges 23g and Milk 21g	Breakfast: Blueberry Muffin 33g w/ Cherry Vanilla Yogurt 19g, Applesauce Cup 15g and Milk 21g	NO SCHOOL TODAY!	NO SCHOOL TODAY!
Main Line Special Chicken & Waffles w/Syrup 64g (3 Chicken Strips w/ Waffle)  Quick Bite Special Turkey w/Bacon Ranch Melt 33g Vegetable & Fruit Choices Bush's Baked Beans 30g Deli Roasters 21g Pineapple Tidbits 22g	Main Line Special Hot Ham & Cheese on Croissant Roll 30g Quick Bite Special Cheeseburger on Roll 29g Vegetable & Fruit Choices Scalloped Potatoes 22g Cucumber Wheels 2g Applesauce Cup 14g Goldfish Crackers 14g	Main Line Special Lasagna w/Garlic Breadstick 47g Quick Bite Special Spicy Chicken on Roll 46g Vegetable & Fruit Choices Fresh Romaine Salad 2g Plump Cherry Tomatoes 6g Sweet Potato Fries 25g Mandarin Oranges 23g	 <small>©2020 BUNDALE</small>	 <small>©2020 BUNDALE</small>