



WAYNESBORO AREA SCHOOL DISTRICT
Middle School Food Court
 May 2024



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

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

Monday,	Tuesday,	Wednesday, 5/1	Thursday, 5/2	Friday, 5/3
		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
		<u>Main Line Special</u> Meatball Sub 34g Or Chicken Parmesan Sub 39g <u>Quick Bite Special</u> Bacon Cheeseburger on Roll 31g Seasoned Fries 20g <u>Vegetable & Fruit Choices</u> Fresh Garden Salad 2g Fresh Broccoli Florets 2g Applesauce Cup 14g	<u>Main Line Special</u> Chicken Strips w/ Dinner Roll 34g <u>Quick Bite Special</u> Rib-B-Que on Roll 37g <u>Vegetable & Fruit Choices</u> Mashed Potatoes 21g Steamed Glazed Carrots 9g Diced Peaches 20g	<u>Main Line Special</u> Buffalo Chicken Dip w/Tortilla Chips 38g OR Corn Dog 30g <u>Quick Bite Special</u> Cheesesteak on Roll 31g <u>Vegetable & Fruit Choices</u> Celery Sticks 4g Mandarin Oranges 23g Baked Crinkle Cut Fries 17g

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

Monday, 5/6	Tuesday, 5/7	Wednesday, 5/8	Thursday, 5/9	Friday, 5/10
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: Ham, Egg & Cheese Sandwich 32g, Chilled Diced Peaches 20g and Milk 21g	Breakfast: Assorted Cereal 22g w/Pop Tart 38g, Fresh Orange Wedges 19g and Milk 21g
<u>Main Line Special</u> General Tso's Chicken w/White Rice 56g <u>Quick Bite Special</u> BBQ Bacon Cheddar Burger 41g Deli Roasters 21g <u>Vegetable & Fruit Choices</u> Steamed Broccoli Florets 5g Diced Peaches 20g	<u>Main Line Special</u> Spaghetti w/Meat Sauce & Garlic Bread Stick 70g <u>Quick Bite Special</u> Cheesesteak on Roll 31g <u>Vegetable & Fruit Choices</u> Caesar Salad 20g Cheery Cherry Tomatoes 6g Oven Baked French Fries 17g Wild Cherry Iced 19g	<u>Main Line Special</u> Toasted Cheese 33g <u>Quick Bite Special</u> Spicy Chicken Patty on Roll 46g <u>Vegetable & Fruit Choices</u> Tomato Soup 14g Cucumber Wheels 2g Sweet Potato Fries 25g Applesauce Cup 14g	<u>Main Line Special</u> Chicken Fries w/Dinner Roll 35g <u>Quick Bite Special</u> Cheeseburger on Roll 31g <u>Vegetable & Fruit Choices</u> Mashed Potatoes 24g Steamed Garden Peas 11g Diced Pears 15g	<u>Main Line Special</u> Max Sticks w/Dipping Sauce 39g <u>Quick Bite Special</u> Rib B Q on Roll 37g <u>Vegetable & Fruit Choices</u> Potato Smiles 18g Bush's Baked Beans 30g Cucumber Wheels 2g Pineapple 22g

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, 5/13	Tuesday, 5/14	Wednesday, 5/15	Thursday, 5/16	Friday, 5/17
Breakfast: Apple Cinnamon Nutri-Grain Bar 30g w/Peach Yogurt 19g, Chilled Mandarin Oranges 23g 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 14g and Milk 21g	Breakfast: Assorted Cereal 25g w/ Pop Tart 38g, Fresh Orange Wedges 19g and Milk 21g
Main Line Special <i>Walking Taco 35g</i>	Main Line Special <i>Chicken Alfredo w/Garlic Breadstick 72g</i>	Main Line Special <i>Pancakes w/Sausage 32g</i>	Main Line Special <i>Popcorn Chicken w/ Dinner Roll 32g</i>	Main Line Special <i>Ranch Chicken Wrap 45g OR Buffalo Chicken Wrap 33g</i>
Quick Bite Special <i>Spicy Chicken on Roll 46g</i>	Quick Bite Special <i>Chicken Patty on Roll 42g Crinkle Cut Fries 15g</i>	Quick Bite Special <i>Bacon Chicken Melt Sub 29g</i>	Quick Bite Special <i>Cheeseburger on Roll 31g</i>	Quick Bite Special <i>Corn Dog 27g</i>
Vegetable & Fruit Choices <i>Steamed Corn 16g Refried Beans 28g Diced Pears 15g</i>	Vegetable & Fruit Choices <i>Steamed Broccoli 5g Wild Cherry Icee 19g Chocolate Pudding 24g</i>	Vegetable & Fruit Choices <i>Fresh Baby Carrots 7g Crunchy Celery Sticks 2g Tater Tots 15g Fresh Orange Wedges 22g</i>	Vegetable & Fruit Choices <i>Mashed Potatoes 24g Steamed Green Beans 4g Diced Peaches 20g</i>	Vegetable & Fruit Choices <i>Potato Smiles 18g Fresh Garden Salad 2g Grape Tomatoes 3g Pineapple Tidbits 22g</i>

Monday, 5/20	Tuesday, 5/21	Wednesday, 5/22	Thursday, 5/23	Friday, 5/24
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 14g and Milk 21g	Breakfast: Egg and Cheese Sandwich 31g, Chilled Diced Peaches 20g and Milk 21g	Breakfast: Assorted Cereal 25g w/Pop Tart 38g, Pineapple Tidbits 22g and Milk 21g
Main Line Special <i>Chicken & Waffles w/Syrup 64g (3 Chicken Strips w/ Waffle)</i>	Main Line Special <i>Hot Ham & Cheese on Croissant Roll 30g</i>	Main Line Special <i>Lasagna w/Garlic Breadstick 47g</i>	Main Line Special <i>Chicken Nuggets w/ Dinner Roll 28g</i>	Main Line Special <i>Mozzarella Cheese Sticks w/Dipping Sauce 61g</i>
Quick Bite Special <i>Turkey Bacon Ranch Melt 33g</i>	Quick Bite Special <i>Cheeseburger on Roll 29g</i>	Quick Bite Special <i>Spicy Chicken on Roll 46g</i>	Quick Bite Special <i>Cheesesteak on Roll 32g</i>	Quick Bite Special <i>Chicken Patty on Roll 42g</i>
Vegetable & Fruit Choices <i>Bush's Baked Beans 30g Deli Roasters 21g Pineapple Tidbits 22g</i>	Vegetable & Fruit Choices <i>Scalloped Potatoes 22g Cucumber Wheels 2g Applesauce Cup 14g Goldfish Crackers 14g</i>	Vegetable & Fruit Choices <i>Fresh Romaine Salad 2g Plump Cherry Tomatoes 6g Sweet Potato Fries 25g Mandarin Oranges 23g</i>	Vegetable & Fruit Choices <i>Mashed Potatoes 24g Steamed Broccoli w/Cheese 7g Diced Pears 15g</i>	Vegetable & Fruit Choices <i>Crunchy Celery Sticks 4g Fresh Baby Carrots 7g French Fries 17g Diced Peaches 20g</i>

Monday, 5/27	Tuesday, 5/28	Wednesday, 5/29	Thursday, 5/30	Friday, 5/31
NO SCHOOL TODAY!	BREAKFAST: COOK'S CHOICE	BREAKFAST: COOK'S CHOICE	BREAKFAST: COOK'S CHOICE	ENJOY YOUR SUMMER!
	COOK'S CHOICE 	COOK'S CHOICE 	COOK'S CHOICE 