



Young Scholars Academy of Greater Allegheny Charter School 23/24

NOVEMBER LUNCH MENU

WHAT IS A MEAL?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of a fruit or vegetable must accompany a reimbursable lunch.

LUNCH COMPONENTS

- Meat or Meat Alternate
- Vegetable
- Fruit
- Grain/Bread
- Choice of Milk – 1% white or Fat-Free Chocolate

Weekly Vegetable Subgroups May Include:

Dark Green: Spinach, Broccoli, Romaine, and Spring Salad

Red/Orange: Carrots, Sweet Potatoes, Tomatoes, and Red Pepper

Starches: White Potatoes, Corn, and Lima Beans

Other Vegetables: Celery Sticks, Cucumbers, Peas, Cauliflower, Green Peppers, Green Beans, and Cabbage

Beans

		Wednesday – Nov.1 Chicken Nuggets (5 Pieces) 1/2c Black Bean Corn Salsa 1/2c French Fries 1/2c Peaches WG Roll	Thursday – Nov.2 Hamburger 1/2c Baked Beans 1/2c Sweet Potatoes 1 Banana WG Bun	Friday – Nov.3 Half Day
Monday - Nov.6 Popcorn Chicken (12 Pieces) 1/2c Mashed Potatoes 1/2c Buttered Corn 1 Orange WG Dinner Roll	Tuesday - Nov.7 2 Pizza Sticks Dipping Sauce 1/2c Celery Sticks 1/2c Green Beans 1 Banana	Wednesday – Nov.8 Walking Taco 1/2c Refried Beans 1/2c Black Bean and Corn Salad 1/2c Pears	Thursday – Nov.9 Half Day	Friday – Nov.10 Corn Dog 1/2c Broccoli 1/2c Carrots 1/2c Peaches
Monday - Nov.13 BBQ Rib 1/2c Coleslaw 1/2c French Fries 1/2c Applesauce WG Bun	Tuesday - Nov. 14 Turkey Hot Dog 1/2c Baked Beans 1/2c Spiral Fries 1 Banana WG Hot Dog Bun	Wednesday – Nov.15 Asian Sesame Chicken (12 Pieces of Chicken) 1/2c Brown Rice 1/2c Asian Blend Vegetables 1/2c Mandarin Oranges	Thursday – Nov.16 Cheese Burger 1/2c Buttery Corn 1/2c Diced Potatoes 1/2c Sliced Apples WG Bun	Friday – Nov.17 Fish Sandwich On a Bun 1/2c Broccoli Salad 1/2c Green Beans Peach Cup
Monday - Nov.20 Chicken and Gravy Over a Biscuit Mashed Potatoes Corn Orange	Tuesday - Nov.21 Pasta w/Meatballs Italian Vegetables Carrots Pear Cup	Wednesday – Nov.22 Half Day	Thursday – Nov.23 No School	Friday – Nov.24 No School
Monday - Nov.27 No School	Tuesday – Nov.28 French Bread Pizza Carrots Coleslaw Pear Cup	Wednesday – Nov.29 Chicken Nuggets (5 Pieces) 1/2c Black Bean Corn Salsa 1/2c French Fries 1/2c Peaches WG Roll	Thursday - Nov.30 Hamburger 1/2c Baked Beans 1/2c Sweet Potatoes 1 Banana WG Bun	