



# DECEMBER 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**

# Young Scholars Academy of Greater Allegheny Charter School 23/24

<b>Monday - Dec 4</b> Popcorn Chicken (12 Pieces) 1/2c Mashed Potatoes 1/2c Buttered Corn 1 Orange WG Dinner Roll	<b>Tuesday - Dec 5</b> 2 Pizza Sticks Dipping Sauce 1/2c Celery Sticks 1/2c Green Beans 1 Banana	<b>Wednesday - Dec 6</b> Walking Taco 1/2c Refried Beans 1/2c Black Bean and Corn Salad 1/2c Pears	<b>Thursday - Dec 7</b> Cheesy Calzone 1/2c French Fries 1/2c Roasted Zucchini 1/2c Sliced Apples	<b>Friday - Dec 8</b> Corn Dog 1/2c Broccoli 1/2c Carrots 1/2c Peaches
<b>Monday - Dec 11</b> Cheese Burger 1/2c Coleslaw 1/2c French Fries 1/2c Applesauce WG Bun	<b>Tuesday - Dec 12</b> Turkey Hot Dog 1/2c Baked Beans 1/2c Spiral Fries 1 Banana WG Hot Dog Bun	<b>Wednesday - Dec 13</b> Salisbury Steak w/Gravy Mashed Potatoes Carrots 1/2c Mandarin Oranges	<b>Thursday - Dec 14</b> Cheese Burger 1/2c Buttery Corn 1/2c Diced Potatoes 1/2c Sliced Apples WG Bun	<b>Friday - Dec 15</b> Chicken Quesadilla 1/2c Broccoli Salad 1/2c Green Beans Peach Cup
<b>Monday - Dec 18</b> Chicken and Gravy Over a Biscuit Mashed Potatoes Corn Orange	<b>Tuesday - Dec 19</b> Pasta w/Meatballs Italian Vegetables Carrots Pear Cup	<b>Wednesday - Dec 20</b> Grilled Chicken On a Bun Green Beans Cauliflower Banana	<b>Thursday - Dec 21</b> Hamburger On a bun Broccoli French Fries Applesauce	<b>Friday - Dec 22</b> Half Day
<b>Monday - Dec 25</b> No School	<b>Tuesday - Dec 26</b> No School	<b>Wednesday - Dec 27</b> No School	<b>Thursday - Dec 28</b> No School	<b>Friday - Dec 29</b> No School
<b>Monday - Jan 1</b> No School	<b>Tuesday - Jan 2</b> 2 Pizza Sticks Dipping Sauce 1/2c Celery Sticks 1/2c Green Beans 1 Banana	<b>Wednesday - Jan 3</b> Walking Taco 1/2c Refried Beans 1/2c Black Bean and Corn Salad 1/2c Pears	<b>Thursday - Jan 4</b> Cheesy Calzone 1/2c French Fries 1/2c Roasted Zucchini 1/2c Sliced Apples	<b>Friday - Jan 5</b> Corn Dog 1/2c Broccoli 1/2c Carrots 1/2c Peaches