

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 ½ 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

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Tuesday - Dec 5 2 Pizza Sticks Dipping Sauce 1/2c Celery Sticks 1/2c Green Beans 1 Banana	Wednesday – Dec 6 Walking Taco 1/2c Refried Beans 1/2c Black Bean and Corn Salad 1/2c Pears	Thursday – Dec 7 Cheesy Calzone 1/2c French Fries 1/2c Roasted Zucchini 1/2c Sliced Apples	Friday – Dec 8 Corn Dog 1/2c Broccoli 1/2c Carrots 1/2c Peaches
Tuesday - Dec 12 Turkey Hot Dog 1/2c Baked Beans 1/2c Spiral Fries 1 Banana WG Hot Dog Bun	Wednesday – Dec 13 Salisbury Steak w/Gravy Mashed Potatoes Carrots 1/2c Mandarin Oranges	Thursday – Dec 14 Cheese Burger 1/2c Buttery Corn 1/2c Diced Potatoes 1/2c Sliced Apples WG Bun	Friday – Dec 15 Chicken Quesadilla 1/2c Broccoli Salad 1/2c Green Beans Peach Cup
Tuesday - Dec 19 Pasta w/Meatballs Italian Vegetables Carrots Pear Cup	Wednesday – Dec 20 Grilled Chicken On a Bun Green Beans Cauliflower Banana	Thursday – Dec 21 Hamburger On a bun Broccoli French Fries Applesauce	Friday – Dec 22 Half Day
Tuesday – Dec 26 No School	Wednesday – Dec 27 No School	Thursday - Dec 28 No School	Friday – Dec 29 No School
Tuesday - Jan 2 2 Pizza Sticks Dipping Sauce 1/2c Celery Sticks 1/2c Green Beans 1 Banana	Wednesday – Jan 3 Walking Taco 1/2c Refried Beans 1/2c Black Bean and Corn Salad 1/2c Pears	Thursday – Jan 4 Cheesy Calzone 1/2c French Fries 1/2c Roasted Zucchini 1/2c Sliced Apples	Friday – Jan 5 Corn Dog 1/2c Broccoli 1/2c Carrots 1/2c Peaches
	2 Pizza Sticks Dipping Sauce 1/2c Celery Sticks 1/2c Green Beans 1 Banana Tuesday - Dec 12 Turkey Hot Dog 1/2c Baked Beans 1/2c Spiral Fries 1 Banana WG Hot Dog Bun Tuesday - Dec 19 Pasta w/Meatballs Italian Vegetables Carrots Pear Cup Tuesday – Dec 26 No School Tuesday - Jan 2 2 Pizza Sticks Dipping Sauce 1/2c Celery Sticks 1/2c Green Beans	2 Pizza SticksWalking TacoDipping Sauce1/2c Refried Beans1/2c Celery Sticks1/2c Black Bean and CornSalad1/2c Black Bean and Corn1/2c Green BeansSalad1 Banana1/2c PearsWednesday - Dec 13Turkey Hot DogSalisbury Steak w/Gravy1/2c Spiral FriesSalisbury Steak w/Gravy1/2c Spiral Fries1/2c Mandarin Oranges1/2c Hot Dog BunUrednesday - Dec 20Tuesday - Dec 19Wednesday - Dec 20Pasta w/MeatballsGrilled ChickenItalian VegetablesOn a BunCarrotsGreen BeansPear CupCauliflowerBananaSchoolTuesday - Dec 26Wednesday - Dec 27No SchoolNo SchoolTuesday - Jan 2Wednesday - Jan 32 Pizza SticksMalking TacoDipping Sauce1/2c Refried Beans1/2c Celery Sticks1/2c Black Bean and Corn1/2c Green Beans1/2c Black Bean and CornSaladSalad	2 Pizza Sticks Dipping Sauce 1/2c Celery Sticks 1/2c Celery Sticks 1/2c Back Bean and Corn Salad 1/2c PearsCheesy Calzone 1/2c French Fries 1/2c Roasted Zucchini 1/2c Noasted Zucchini 1/2c Sliced ApplesTuesday - Dec 12 Turkey Hot Dog 1/2c Spiral Fries 1 BananaWednesday - Dec 13 Salisbury Steak W/Gravy Mashed Potatoes 1/2c Carrots 1/2c Mandarin OrangesThursday - Dec 14 Cheese Burger 1/2c Baked Beans 1/2c Spiral Fries 1/2c Spiral Fries 1/2c Mandarin OrangesThursday - Dec 14 Cheese Burger 1/2c Buttery Corn 1/2c Diced Potatoes 1/2c Sliced Apples WG BunTuesday - Dec 19 Pasta w/Meatballs Italian Vegetables Carrots Pear CupWednesday - Dec 20 Grilled Chicken On a Bun Green Beans Green Beans BananaThursday - Dec 21 Hamburger On a bun BroccoliTuesday - Dec 26 No SchoolWednesday - Dec 27 No SchoolThursday - Dec 28 No SchoolTuesday - Jan 2 2 Pizza Sticks Dipping Sauce 1/2c Green Beans Slicks Dipping Sauce 1/2c Calery Sticks 1/2c Reife Beans 1/2c Roasted Zucchini 1/2c Roasted Zu



Filtrad

EMAIL: Email address

Website: Address

*Menu Subject to Change.