



# FEBRUARY 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

<b>Monday - Feb 5</b> Cheese Burger 1/2c Green Bean 1/2c French Fries 1/2c Applesauce WG Bun	<b>Tuesday - Feb 6</b> Turkey Hot Dog 1/2c Baked Beans 1/2c Spiral Fries 1 Banana WG Hot Dog Bun	<b>Wednesday - Feb 7</b> Salisbury Steak w/Gravy Mashed Potatoes Carrots 1/2c Mandarin Oranges	<b>Thursday - Feb 8</b> Cheese Burger 1/2c Buttery Corn 1/2c Diced Potatoes 1/2c Sliced Apples WG Bun	<b>Friday - Feb 9</b> Chicken Quesadilla 1/2c Broccoli Salad 1/2c Green Beans Juice
<b>Monday - Feb 12</b> Chicken and Gravy Over a Biscuit Mashed Potatoes Corn Orange	<b>Tuesday - Feb 13</b> Pasta w/Meatballs Italian Vegetables Juice	<b>Wednesday - Feb 14</b> Chicken Patty On a Bun Green Beans Cauliflower Banana	<b>Thursday - Feb 15</b> Hamburger On a bun Broccoli French Fries Juice	<b>Friday - Feb 16</b> Toasted Cheese Sandwich Tater Tots Corn and Black Bean Salsa Peach Cup
<b>Monday - Feb 19</b> Chicken Patty On a Bun Broccoli Cauliflower Applesauce	<b>Tuesday - Feb 20</b> <b>French Bread Pizza</b> <b>Carrots</b> <b>Green Bean</b> <b>Pear Cup</b>	<b>Wednesday - Feb 21</b> Chicken Nuggets (5 Pieces) 1/2c Black Bean Corn Salsa 1/2c French Fries Juice	<b>Thursday - Feb 22</b> Hamburger 1/2c Baked Beans 1/2c Sweet Potatoes 1 Banana WG Bun	<b>Friday - Feb 23</b> Macaroni and Cheese (1 cup) 1/2c Buttered Corn 1/2c Green Beans 1/2c Fruit Cocktail
<b>Monday - Feb 26</b> Popcorn Chicken (12 Pieces) 1/2c Mashed Potatoes 1/2c Buttered Corn 1 Orange WG Dinner Roll o School	<b>Tuesday - Feb 27</b> 2 Pizza Sticks Dipping Sauce 1/2c Cauliflower 1/2c Green Beans 1 Banana	<b>Wednesday - Feb 28</b> Walking Taco 1/2c Refried Beans 1/2c Black Bean and Corn Salad 1/2c Pears	<b>Thursday - Feb 29</b> Cheesy Calzone 1/2c French Fries 1/2c Green Beans 1/2c Sliced Apples	<b>Friday - March 1</b> Corn Dog 1/2c Broccoli 1/2c Carrots Juice
<b>Monday - March 4</b> Cheese Burger 1/2c Green Bean 1/2c French Fries Orange WG Bun	<b>Tuesday - March 5</b> Turkey Hot Dog 1/2c Baked Beans 1/2c Spiral Fries 1 Banana WG Hot Dog Bun	<b>Wednesday - March 6</b> Salisbury Steak w/Gravy Mashed Potatoes Carrots 1/2c Mandarin Oranges	<b>Thursday - March 7</b> Cheese Burger 1/2c Buttery Corn 1/2c Diced Potatoes 1/2c Sliced Apples WG Bun	<b>Friday - March 8</b> Chicken Quesadilla 1/2c Broccoli Salad 1/2c Green Beans Juice