



JANUARY 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

Monday - Jan 1 No School	Tuesday - Jan 2 No School	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 Green Beans 1/2c Sliced Apples	Friday - Jan 5 Corn Dog 1/2c Broccoli 1/2c Carrots 1/2c Peaches
Monday - Jan 8 Cheese Burger 1/2c Coleslaw 1/2c French Fries 1/2c Applesauce WG Bun	Tuesday - Jan 9 Turkey Hot Dog 1/2c Baked Beans 1/2c Spiral Fries 1 Banana WG Hot Dog Bun	Wednesday - Jan 10 Salisbury Steak w/Gravy Mashed Potatoes Carrots 1/2c Mandarin Oranges	Thursday - Jan 11 Cheese Burger 1/2c Buttery Corn 1/2c Diced Potatoes 1/2c Sliced Apples WG Bun	Friday - Jan 12 Chicken Quesadilla 1/2c Broccoli Salad 1/2c Green Beans Peach Cup
Monday - Jan 15 No School	Tuesday - Jan 16 Pasta w/Meatballs Italian Vegetables Carrots Pear Cup	Wednesday - Jan 17 Chicken Patty On a Bun Green Beans Cauliflower Banana	Thursday - Jan 18 Hamburger On a bun Broccoli French Fries Applesauce	Friday - Jan 19 Half Day
Monday - Jan 22 Chicken Patty On a Bun Broccoli Cauliflower Applesauce	Tuesday - Jan 23 French Bread Pizza Carrots Coleslaw Pear Cup	Wednesday - Jan 24 Chicken Nuggets (5 Pieces) 1/2c Black Bean Corn Salsa 1/2c French Fries 1/2c Peaches WG Roll	Thursday - Jan 25 Half Day	Friday - Jan 26 Macaroni and Cheese (1 cup) 1/2c Buttered Corn 1/2c Green Beans 1/2c Fruit Cocktail
Monday - Jan 29 Popcorn Chicken (12 Pieces) 1/2c Mashed Potatoes 1/2c Buttered Corn 1 Orange WG Dinner Roll o School	Tuesday - Jan 30 2 Pizza Sticks Dipping Sauce 1/2c Cauliflower 1/2c Green Beans 1 Banana	Wednesday - Jan 31 Walking Taco 1/2c Refried Beans 1/2c Black Bean and Corn Salad 1/2c Pears	Thursday - Feb 1 Cheesy Calzone 1/2c French Fries 1/2c Green Beans 1/2c Sliced Apples	Friday - Feb 2 Corn Dog 1/2c Broccoli 1/2c Carrots 1/2c Peaches