



MARCH 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 - March 4

Cheese Burger
 1/2c Green Bean
 1/2c French Fries
 1/2c Applesauce
 WG Bun

Tuesday - March 5

Turkey Hot Dog
 1/2c Baked Beans
 1/2c Spiral Fries
 1 Banana
 WG Hot Dog Bun

Wednesday - March 6

Salisbury Steak w/Gravy
 Mashed Potatoes
 Carrots
 1/2c Mandarin Oranges

Thursday - March 7

Cheese Burger
 1/2c Buttery Corn
 1/2c Diced Potatoes
 1/2c Sliced Apples
 WG Bun

Friday - March 8

Chicken Quesadilla
 1/2c Broccoli Salad
 1/2c Green Beans
 Juice

Monday - March 11

Chicken and Gravy
 Over a Biscuit
 Mashed Potatoes
 Corn
 Orange

Tuesday - March 12

Pasta w/Meatballs
 Italian Vegetables
 Juice

Wednesday - March 13

Chicken Patty
 On a Bun
 Green Beans
 Carrots
 Banana

Thursday - March 14

Hamburger
 On a bun
 Broccoli
 French Fries
 Juice

Friday - March 15

Toasted Cheese
 Sandwich
 Tater Tots
 Corn and Black Bean
 Salsa
 Peach Cup

Monday - March 18

Chicken Patty
 On a Bun
 Broccoli
 Corn
 Applesauce

Tuesday - March 19

French Bread Pizza
 Carrots
 Green Bean
 Pear Cup

Wednesday - March 20

Chicken Nuggets
 (5 Pieces)
 1/2c Black Bean Corn
 Salsa
 1/2c French Fries
 Juice

Thursday - March 21

Hamburger
 1/2c Baked Beans
 1/2c Sweet Potatoes
 1 Banana
 WG Bun

Friday - March 22

Half Day

Monday - March 25

Popcorn Chicken
 (12 Pieces)
 1/2c Mashed
 Potatoes
 1/2c Buttered Corn
 1 Orange
 WG Dinner Roll
 o School

Tuesday - March 26

2 Pizza Sticks
 Dipping Sauce
 1/2c Carrots
 1/2c Green Beans
 1 Banana

Wednesday - March 27

Walking Taco
 1/2c Refried Beans
 1/2c Black Bean and Corn
 Salad
 1/2c Pears

Thursday - March 28

Half Day

Friday - March 29

NO SCHOOL

Monday - April 1

No School

Tuesday - April 2

No School

Wednesday - April 3

No School

Thursday - April 4

No School

Friday - April 5

No School