



Young Scholars Academy of Greater Allegheny Charter School 23/24

April 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

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

Monday - April 8
No School

Tuesday - April 9
French Bread Pizza
Carrots
Green Bean
Pear Cup

Wednesday - April 10
Half Day

Thursday - April 11
Hamburger
1/2c Baked Beans
1/2c Sweet Potatoes
1 Banana
WG Bun

Friday - April 12
Toasted Cheese Sandwich
Tater Tots
Corn and Black Bean Salsa
Peach Cup

Monday - April 15
Chicken Patty
On a Bun
Broccoli
Corn
Applesauce

Tuesday - April 16
Pasta w/Meatballs
Italian Vegetables
Juice

Wednesday - April 17
Chicken Patty
Green Beans
Carrots
Banana
Juice

Thursday - April 18
Hamburger on a bun
Broccoli
French Fries
Juice

Friday - April 19
Macaroni and Cheese (1 cup)
1/2c Buttered Corn
1/2c Green Beans
1/2c Fruit Cocktail

Monday - April 22
Popcorn Chicken (12 Pieces)
1/2c Mashed Potatoes
1/2c Buttered Corn
1 Orange
WG Dinner Roll

Tuesday - April 23
2 Pizza Sticks
Dipping Sauce
1/2c Carrots
1/2c Green Beans
1 Banana

Wednesday - April 24
Walking Taco
1/2c Refried Beans
1/2c Black Bean and Corn
Salad
1/2c Pears

Thursday - April 25
Cheesy Calzone
1/2c French Fries
1/2c Green Beans
1/2c Sliced Apples

Friday - April 26
Corn Dog
1/2c Broccoli
1/2c Carrots
Juice

Monday - April 29
Cheese Burger
1/2c Green Bean
1/2c French Fries
Orange
WG Bun

Tuesday - April 30
Turkey Hot Dog
1/2c Baked Beans
1/2c Spiral Fries
1 Banana
WG Hot Dog Bun

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

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

Friday - May 3
Chicken Quesadilla
1/2c Broccoli Salad
1/2c Green Beans
Juice