



Young Scholars Academy of Greater Allegheny Charter School 23/24

May 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 29 Cheese Burger 1/2c Green Bean 1/2c French Fries 1/2c Applesauce 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
Monday - May 6 Chicken and Gravy Over a Biscuit Mashed Potatoes Corn Orange	Tuesday - May 7 Pasta w/Meatballs Italian Vegetables Juice	Wednesday - May 8 Chicken Patty On a Bun Green Beans Cauliflower Banana	Thursday - May 9 Hamburger On a bun Broccoli French Fries Juice	Friday - May 10 Half Day
Monday - May 13 Chicken Patty On a Bun Broccoli Cauliflower Applesauce	Tuesday - May 14 French Bread Pizza Carrots Green Bean Pear Cup	Wednesday - May 15 Chicken Nuggets (5 Pieces) 1/2c Black Bean Corn Salsa 1/2c French Fries Juice	Thursday - May 16 Hamburger 1/2c Baked Beans 1/2c Sweet Potatoes 1 Banana WG Bun	Friday - May 17 Macaroni and Cheese (1 cup) 1/2c Buttered Corn 1/2c Green Beans 1/2c Fruit Cocktail
Monday - May 20 Popcorn Chicken (12 Pieces) 1/2c Mashed Potatoes 1/2c Buttered Corn 1 Orange WG Dinner Roll o School	Tuesday - May 21 2 Pizza Sticks Dipping Sauce 1/2c Cauliflower 1/2c Green Beans 1 Banana	Wednesday - May 22 Walking Taco 1/2c Refried Beans 1/2c Black Bean and Corn Salad 1/2c Pears	Thursday - May 23 Cheesy Calzone 1/2c French Fries 1/2c Green Beans 1/2c Sliced Apples	Friday - May 24 Corn Dog 1/2c Broccoli 1/2c Carrots Juice
Monday - May 27 No School	Tuesday - May 28 Turkey Hot Dog 1/2c Baked Beans 1/2c Spiral Fries 1 Banana WG Hot Dog Bun	Wednesday - May 29 Salisbury Steak w/Gravy Mashed Potatoes Carrots 1/2c Mandarin Oranges	Thursday - May 30 Half Day	Friday - May 31 Half Day