



Young Scholars of Western PA Charter School

December 2013

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrients
2 Penne Marinara & Meatball, Carrot Sticks, Fresh Fruit ALT: Deep Dish Cheese Pizza, Fresh Broccoli, Fresh Fruit	3 Pancakes, Sausage Patty, Maple Syrup, Carrot Sticks, Fresh Fruit ALT: Pancakes. Maple Syrup, Strawberry Banana Yogurt, Carrot Sticks, Fresh Fruit	4 Baked Chicken Nuggets, Tater Tots, Corn, Fresh fruit ALT: Potato & Cheese Pierogis Corn, Mixed Greens Salad w/Light Italian Dressing, Fresh Fruit	5 Hamburger on WG Bun Vegetarian Baked Beans, Romaine w/Light Italian Dressing, Fresh Fruit ALT: Cheese Ravioli w/Marinara , Strawberry Banana Yogurt, Romaine w/Light Italian Dressing, Fresh Fruit	6 Early Dismissal No Lunch	Calories: 2016/alt 1971 Total Fat: 312/alt 187.5 Carbs: 241.5/alt 239.5 Protein: 85/alt 99 Calcium: 86%/alt 178% Iron: 75%/alt 66% Vitamin A: 84%/alt 87% Vitamin C: 89%/alt 143%
9 Meatloaf & Gravy, Mashed Potatoes, Fresh Broccoli, Fresh Fruit ALT: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Fresh Broccoli, Fresh Fruit	10 French Toast Sticks, Sausage Patty, Maple Syrup, Carrot Sticks, Fresh Fruit ALT: French Toast Sticks. Maple Syrup, Strawberry Banana Yogurt, Carrot Sticks, Fresh Fruit	11 Baked Chicken Nuggets, Tater Tots, Corn, Fresh Fruit ATL: Hummus & Pita Bread Vegetarian Grape Leaves Grape Tomatoes, Fresh Fruit	12 Beef Hot Dog on WG Bun, Vegetarian Baked Beans, Romaine w/Light Italian Dressing, Fresh Fruit ALT: Potato & Cheese Pierogis Vegetarian Baked Beans, Sliced Green Peppers, Fresh Fruit	13 Beefaroni , Romaine w/Light Italian Dressing, Tomato & Green Peppers, Fresh Fruit ALT: Pizza Crunchers, Romaine w/Light Italian Dressing, Grape Tomatos & Green Peppers, Fresh Fruit	Calories: 3238/alt 3093 Total Fat: 202/alt 260.5 Carbs: 414.5/alt 385.5 Protein: 190/alt 157 Calcium: 188%/alt 286% Iron: 95%/alt 89% Vitamin A: 139%/alt 164% Vitamin C: 279%/alt 274%
16 Penne Marinara & Meatball, Carrot Sticks, Fresh Fruit ALT: Deep Dish Cheese Pizza, Fresh Broccoli, Fresh Fruit	17 Pancakes, Sausage Patty, Maple Syrup, Carrot Sticks, Fresh Fruit ALT: Pancakes. Maple Syrup, Strawberry Banana Yogurt, Carrot Sticks, Fresh Fruit	18 Baked Chicken Nuggets, Tater Tots, Corn, Fresh fruit ALT: Potato & Cheese Pierogis Corn, Mixed Greens Salad w/Light Italian Dressing, Fresh Fruit	19 Hamburger on WG Bun Vegetarian Baked Beans, Romaine w/Light Italian Dressing, Fresh Fruit ALT: Cheese Ravioli w/Marinara , Strawberry Banana Yogurt, Romaine w/Light Italian Dressing, Fresh Fruit	20 Early Dismissal No Lunch	Calories: 3144.5/alt 3143 Total Fat: 264/alt 329.5 Carbs: 375/alt 352.5 Protein: 148/alt 151 Calcium: 202%/alt 276% Iron: 118%/alt 112% Vitamin A: 146%/alt 175% Vitamin C: 34%/alt 375%
23 Winter Break	24 Winter Break	25 Winter Break	26 Winter Break	27 Winter Break	Calories: 2536/alt 2549 Total Fat: 180/alt 244 Carbs: 328.5/alt 311.5 Protein: 125/alt 130 Calcium: 147%/alt 215% Iron: 86%/alt 78% Vitamin A: 120%/alt 143% Vitamin C: 109%/alt 165%
30 Winter Break	31 Winter Break			All lunches include: <i>Protein, Fruit, Vegetable, Grain, 1% White Milk or Fat Free Chocolate Milk</i> 	Lunches provided by: Getaway Café 3049 Sussex Ave @ McNeilly Rd 412-343-1333 Director of Dining Services: Louis Manolios