Young Scholars of Western PA Charter School

Ing Scholars of Western PA Charter School LUNCH TO THE TOTAL TOT				
Monday	Tuesday	Wednesday	Thursday	Friday
All lunches include: Protein, Fruit, Vegetable, Grain, 1% White Milk or Fat Free Chocolate Milk				
1 Baked Chicken Strips & Gravy Green Beans, WG Bread Fruit ALT: Broccoli Cheese & Rice Casserole, WG Bread Fruit	Prench Toast Sticks, Hard Boiled Egg, Maple Syrup, Steamed Carrots, Apple Sauce ALT: French Toast Sticks Maple Syrup Strawberry Banana Yogurt Steamed Carrots Apple Sauce	Baked Chicken Nuggets Tater Tots, Graham Crackers, Corn, Fruit ATL: Cheese Filled Bread Sticks Marinara Dipping Sauce Corn, Fruit	4 Hamburger on WG Bun Vegetarian Baked Beans Salad w/ w/Light Italian Dressing, Fruit ALT: Stuffed Shells w/Ricotta Cheese & Marinara, WG Bread, Salad w/Light Italian Dressing, Fruit	Meatball Sub Au Gratin Potatoes Fruit ALT: Pizza Crunchers Au Gratin Potatoes Fruit
8 Chicken Stir Fry Steamed Rice, WG Roll, Fruit ALT: Deep Dish Cheese Pizza, Green Beans Fruit	French Toast Sticks, Hard Boiled Egg, Maple Syrup, Steamed Carrots, Apple Sauce ALT: French Toast Sticks Maple Syrup Strawberry Banana Yogurt Steamed Carrots Apple Sauce	10	11	12
15	16	17	18	19
22	23	24	25	26