Young Scholars of Western PA Charter School

March 2015

1	LUNCII				
Monday	Tuesday	Wednesday	Thursday	Friday	
2 Chicken Stir Fry, Steamed Rice, WG Roll, Fresh Fruit ALT: Broccoli, Cheese & Rice Casserole, WG Bread, 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	4 Baked Chicken Nuggets, Waffle Fries, Corn, Graham Crackers, Fruit ALT: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Corn, Fruit	Beef Hot Dog on WG Bun, Vegetarian Baked Beans, Salad w/Light Italian Dressing, Fruit ALT: Stuffed Shells w Ricotta Cheese & Marinara, Salad w/Light Italian Dressing, Fruit	Beef over Noodles, Steamed Mixed Veggies, WG Bread, Fruit ALT: Pizza Crunchers, Steamed Mixed Veggies, Fruit	
9 Chicken Parmesan, WG Bread, Green Beans, 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	11 Baked Chicken Nuggets, Tater Tots, Corn, Graham Crackers, Fruit ALT: Penne Pasta w/Marinara String Cheese, Corn, WG Bread, Fruit	Hamburger on WG Bun Vegetarian Baked Beans, Salad w/Light Italian Dressing, Fruit ALT: Grilled Cheese on WG, Vegetarian Baked Beans, Salad w/Light Italian Dressing, Fruit	No School	
16 Baked Chicken Strips & Gravy, Green Beans, WG Bread, Fruit ALT: Broccoli, Cheese & Rice Casserole, WG Bread, 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	18 Baked Chicken Nuggets, Waffle Fries, Corn, Graham Crackers, Fruit ALT: Hummus & Pita Bread Vegetarian Grape Leaves Corn, Fruit	19 Beef Hot Dog on WG Bun, Vegetarian Baked Beans, Salad w/Light Italian Dressing, Fruit ALT: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Salad w/Light Italian Dressing, Fruit	20 Beef over Noodles, Steamed Mixed Veggies, WG Bread, Fruit ALT: Pizza Crunchers, Steamed Mixed Veggies, Fruit	
23 Chicken Stir Fry, Steamed Rice, WG Roll, Fresh 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	25 Baked Chicken Nuggets, Tater Tots, Corn, Graham Crackers, Fruit ALT: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Corn, Fruit	26 Hamburger on WG Bun Vegetarian Baked Beans, Salad w/Light Italian Dressing, Fruit ALT: Stuffed Shells w Ricotta Cheese & Marinara, Salad w/Light Italian Dressing, Fruit	27 Meatball Sub, Au Gratin Potatoes, Fruit ALT: Pizza Crunchers, Au Gratin Potatoes, Fruit	
No School	No School			Lunches provided by: Getaway Café 3049 Sussex Ave @ McNei 412-343-1333 Director of Catering Service Louis Manolios	