

YOUNG SCHOLARS OF WESTERN PA DECEMBER 2017

SCHOOL BREAKFAST MENU

Monday

WG Cheerios
1 slice Wheat Bread & Jelly
4oz Orange juice
Fresh Fruit

Tuesday

Muffin
4oz Apple Juice
Fresh Fruit

Wednesday

WG Rice Chex
1 slice Wheat Bread & Jelly
4oz Orange juice
Fresh Fruit







Thursday

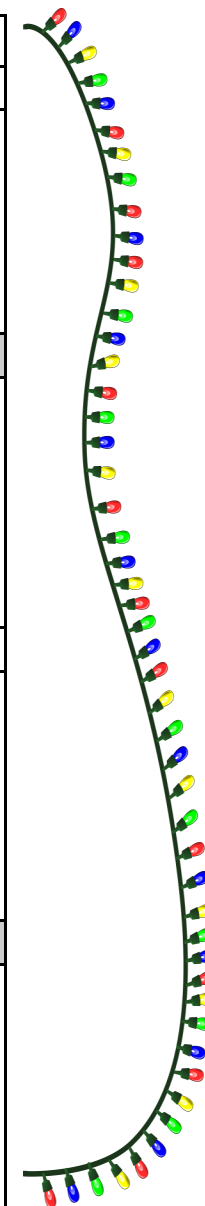
Muffin
4oz Apple Juice
Fresh Fruit

Friday

WG Kix
1 slice Wheat Bread & Jelly
4oz Orange juice
Fresh Fruit

All breakfast served with low fat Milk

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
All meals include 8oz milk 	 The Nutrition Group			1
4	5	6	7	8 HALF DAY
2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers Ranch Dressing 1 Wheat Dinner Roll Orange 1/2c Peaches 1/2pt Milk	Totally Taco in a Bag (Taco Meat & shred. cheese) corn chips 1/2c Tomato & Lettuce 1/2c Cucumber Slices, Cauliflower, Celery Banana 1/2c Fruit Mix 1/2pt Milk	Roast Beef n Swiss w/1/2c Tomato & Lettuce on WW Bun Mayo 1/2c Baked Beans 1/2c Cinnamon Applesauce 1 Piece Fresh Fruit 1/2pt Milk	Popcorn Chicken Bowl 3oz Popcorn chicken 1/2c Mashed Potatoes 1/2c Corn Red Delicious Apple 1/2c Mixed Fruit 1/2pt Milk	Shaved Turkey Ham & Swiss 1/2c Baby Carrots 1/2c Sweet Potato Casserole Panini or Wheat Bread 1/2c Chilled Pears 1 Piece Fresh Fruit 1/2pt Milk
11	12	13	14	15
Chicken n Gravy over Biscuit or Wheat Bread w/ 1/2c Whipped Potatoes 1/2c Spinach Salad w/ Ranch Fresh Fruit 1/2c Pineapple 1/2pt Milk	Mighty Meatball Hoagie (3 oz meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Corn 1/2c Salad Cup w/ Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	Salisbury Steak w/ Gravy 1/2c Potato Wedges 1/2c Garlic Green Beans Wheat Bread Fresh Apple 1/2c Peaches 1/2pt Milk	Turkey Sandwich w/ Shaved Turkey & Swiss 1/2c Carroteenies 1/2c Hummus Panini or Wheat Bun 1/2c Diced Pears Fresh Banana 1/2pt Milk	Pasta & Meat Sauce 1/2c Cherry Tomatoes 1/2c Romaine Lettuce 1 Ranch Packet 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk
18	19	20	21	22 HALF DAY
Popcorn Chicken Bowl 3oz Popcorn chicken 1/2c Mashed Potatoes 1/2c Corn Red Delicious Apple 1/2c Mixed Fruit 1/2pt Milk	Mighty Meatball Hoagie (3 meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Corn 1/2c Salad Cup w/ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	Totally Taco in a Bag (Taco Meat & shred. cheese) corn chips 1/2c Tomato & Lettuce 1/2c Cucumber Slices, Cauliflower, Celery Fresh Orange 1/2c Fruit Mix 1/2pt Milk	Chicken Fajita w/ 2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers Ranch Dressing 1 WW Tortilla Shell Fresh Banana 1/2c Peaches 1/2pt Milk	Turkey Sandwich w/ Shaved Turkey & Provolone Cheese 1/2c Cucumbers & Celery 1/2c Hummus Panini or Wheat Bun 1/2c Diced Pears 1 Piece Fresh Fruit 1/2pt Milk
25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED
				



Daily Milk Choices:
Skim, Flavored Fat Free, 1% White