

# YOUNG SCHOLARS OF WESTERN PA NOVEMBER 2017

## SCHOOL BREAKFAST MENU

### Monday

*WG Cereal*  
1 slice Wheat Bread  
Jelly Packet  
4oz Juice  
1 Fresh Fruit

### Tuesday

*Muffin*  
4oz Juice  
1 Fresh Fruit

### Wednesday

*WG Cereal*  
1 slice Wheat Bread  
Jelly Packet  
4oz Juice  
1 Fresh Fruit

### Thursday

*Muffin*  
4oz Juice  
1 Fresh Fruit

### Friday

*WG Cereal*  
1 slice Wheat Bread  
Jelly Packet  
4oz Juice  
1 Fresh Fruit

All breakfast served  
with low fat Milk

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
 <b>The Nutrition Group</b>	All meals include 8oz milk 	<b>1</b>	<b>2</b>	<b>3</b>
<b>6</b>	<b>7 CLOSED</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Popcorn Chicken Bowl</b> 3oz Popcorn chicken <b>1/2c Mashed Potatoes</b> <b>1/2c Corn</b> Red Delicious Apple 1/2c Mixed Fruit 1/2pt Milk		<b>Totally Taco in a Bag</b> (Taco Meat & shred. cheese) corn chips <b>1/2c Tomato &amp; Lettuce</b> <b>1/2c Cucumber Slices,</b> <b>Cauliflower, Celery</b> 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	<b>Turkey Sandwich w/ Shaved Turkey &amp; Swiss</b> <b>1/2c Romaine Lettuce</b> 1 Ranch Packet 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt Milk
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Pasta &amp; Meat Sauce</b> <b>1/2c Cherry Tomatoes</b> <b>1/2c Romaine Lettuce</b> 1 Ranch Packet 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt Milk	<b>Popcorn Chicken w/BBQ</b> <b>1/2c Carroteenies</b> Ranch Packet Wheat Dinner Roll <b>1/2c Tater tots w/ ketchup</b> 1/2c Pineapple Tidbits 1 Piece Fresh Fruit 1/2pt Milk	<b>Sloppy Joe</b> <b>1/2c Cucumbers &amp; Celery</b> <b>1/2c Hummus</b> <b>Wheat BBQ Bun</b> 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt Milk	<b>Chicken Alfredo</b> <b>1/2c Cherry Tomatoes</b> <b>1/2c Broccoli Buddies</b> Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	<b>Burger on Whole Wheat Bun w/ 1/2c lettuce &amp; tomato</b> 1 Ketchup Packet <b>1/2c Steamed Broccoli</b> 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk
<b>20</b>	<b>21 Holiday Menu</b>	<b>22 Half Day</b>	<b>23 Closed</b>	<b>24 Closed</b>
<b>Steak &amp; American Cheese Hoagie</b> <b>1/2c Steak Fries</b> <b>1/2c Baked Beans</b> Fresh Orange 1/2c Peaches 1/2pt Milk	<b>2oz Turkey w/ Gravy</b> <b>1/2c Whipped Potatoes</b> <b>1/4c Stuffing</b> <b>1/2c Winter Mix Veg</b> 1/2c Pears 1 Piece Fresh Fruit	<b>Totally Taco in a bag</b> (Taco Meat & shred. cheese w/ corn chips w/ 1/2c <b>lettuce &amp; tomato</b> ) 1 taco sauce pack <b>1/2c Garden Green Beans</b> 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk	 <b>Happy Thanksgiving</b>	
<b>27 Closed</b>	<b>28</b>	<b>29</b>	<b>30</b>	
	<b>Sloppy Joe</b> <b>1/2c Green Beans</b> <b>1/2c Baked Beans</b> <b>Wheat BBQ Bun</b> 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt Milk	<b>Chicken n Gravy over Biscuit or Wheat Bread w/ 1/2c Whipped Potatoes</b> <b>1/2c Spinach Salad</b> w/ Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	<b>Burger w/ on Whole Wheat Bun w/ 1/2c lettuce &amp; tomato</b> 1 Ketchup Packet <b>1/2c Steamed Broccoli</b> 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk	 <b>Give Thanks!</b>



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