

YOUNG SCHOLARS OF WESTERN PA OCTOBER 2017

SCHOOL BREAKFAST MENU

Monday

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

Tuesday

*Apple Muffin
4oz Juice
1 Fresh Fruit*

Wednesday

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

Thursday

*Banana 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>
2	3	4	5	6
Chicken n Gravy over Baked Biscuit w/ 1/2c Whipped Potatoes 1/2c Spinach Salad w/ Ranch Packet Fresh Fruit 1/2c Pineapple 1/2pt Milk	Mighty Meatball Hoagie (3oz 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	
9	10	11	12	13
Steak & American Cheese Hoagie 1/2c Steak Fries Ketchup Packet 1/2c Southern Style Cole Slaw Fresh Orange 1/2c Peaches 1/2pt Milk	Cheeseburger on Whole Wheat Bun w/ 1/2c Leaf lettuce & tomato Ketchup Packet 1/2c Baked Beans 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk	Totally Taco in a bag (Taco Meat & shred. Cheese, corn chips w/ 1/2c lettuce & tomato) 1 taco sauce pack 1/2c Garden Green Beans 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk	Salisbury Steak w/ Gravy 1/2c Whipped Potatoes 1/2c Garlic Green Beans Wheat Bread Banana 1/2c Peaches 1/2pt Milk	Chicken Alfredo w/ WG Pasta 1/2c Cherry Tomatoes 1/2c Broccoli Buddies Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk
16	17	18	19	20
Popcorn Chicken w/BBQ 1/2c Carroteenies Ranch Packet Wheat Dinner Roll 1/2c Tater tots w/ ketchup 1/2c Pineapple Tidbits 1 Piece Fresh Fruit 1/2pt Milk	Sloppy Joe 1/2c Green Beans 1/2c Baked Beans Wheat BBQ Bun 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt Milk	Chicken n Gravy over Baked Biscuit w/ 1/2c Whipped Potatoes 1/2c Spinach Salad w/ Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	Burger w/ on Whole Wheat Bun w/ 1/2c lettuce & tomato 1 Ketchup Packet 1/2c Broccoli 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk	Shaved Turkey Ham & Swiss cheese 1/2c Carroteenies w/Ranch 1/2c Tater Tots w/Ketchup Panini or Wheat Bread 1/2c Chilled Pears 1 Piece Fresh Fruit 1/2pt Milk
23	24	25	26	27
	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 and 1/2pt Milk	Roast Beef n Swiss w/1/2c Tomato & Lettuce on WW Bun Mayo Packet 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	Pizza burger w/1/2oz Cheese & Pizza Sauce 1/2c Romaine & Tomatoes Ranch Dressing 1/2c Tater Tots w/Ketchup Fresh Fruit 1/2c Pears 1/2pt Milk
30	31			
Chicken n Gravy over Baked Biscuit 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			



All meals include 8oz milk



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