

YOUNG SCHOLARS OF WESTERN PA SEPTEMBER 2017 REVISED

SCHOOL BREAKFAST MENU

Monday

Rice Chex Cereal
1 slice Wheat Bread
Jelly Packet
4oz Juice
1 Fresh Fruit

Tuesday

Apple Muffin
4oz Juice
1 Fresh Fruit

Wednesday

Cinnamon Toast
Cereal 1 slice Wheat Bread
Jelly Packet
4oz Juice
1 Fresh Fruit






Thursday

Banana Muffin
4oz Juice
1 Fresh Fruit

Friday

Corn Flakes 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>
All meals include 8oz milk 	 The Nutrition Group			1 CLOSED 
4 CLOSED	5	6	7	8
	Mighty Meatball Hoagie (3 meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Corn 1/2c Salad Cup 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk	Hearty Beef Stew w/ 1/2c Peas & Carrots over 1/2c Whipped Potatoes 2 slices whole wheat bread Fresh Apple 1/2c Peaches 1/2pt FF Milk	Sandwich w/ Chicken & Provolone Cheese 1/2c Tomato & Lettuce 1/2c Baked Beans 1/2c Diced Pears Fresh Banana 1/2pt FF Milk	Marvelous Mac n Cheese 1/2c Cherry Tomatoes 1/2c Fresh Broccoli 1 FF Ranch Packet 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt FF Milk
11	12	13	14	15
Chicken w/BBQ Pkt 1/2c Carrots FF Ranch Packet Wheat Dinner Roll 1/2c Tater tots w/ ketchup 1/2c Pineapple Tidbits 1 Piece Fresh Fruit 1/2pt FF Milk	Hot Roast beef Hoagie 1/2c Sautéed Peppers Tomatoes and Onions 1/2c Baked Beans 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt FF Milk	Chicken n Gravy w/ 2 slice whole wheat bread 1/2c Whipped Potatoes 1/2c Spinach Salad w/ FF Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk	Burger on Whole Wheat Bun w/ lettuce & tomato 1 Ketchup Packet 1/2c Broccoli 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt FF Milk	Sandwich w/ Shaved Turkey & American Cheese 1/2c Carrots & Celery 1/2c Baked Tater Tots 1 Ketchup Packet 1/2c Chilled Pears 1 Piece Fresh Fruit 1/2pt FF Milk
18	19	20	21	22
Primanti style Steak & Cheese Hoagie 1/2c Steak Fries 1/2c Southern Style Cole Slaw Fresh Orange 1/2c Peaches 1/2pt FF Milk	Cheeseburger on Whole Wheat Bun w/ lettuce & tomato 1/2c lettuce & tomato 1 Ketchup Packet 1/2c Baked Beans 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt FF Milk	Totally Taco Wrap (Taco Meat & shred. cheese in a wheat tortilla shell w/ 1/2c lettuce & tomato) 1 taco sauce pack 1/2c Garden Green Beans 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt FF Milk	1 Turkey Hot Dog 1/2c Whipped Potatoes 1/2c Corn 1 Ketchup & 1 Mustard pkt 1 WW Hot Dog Bun Banana 1/2c Pears 1/2pt FF Milk	8oz Marvelous Mac n Cheese (spring pasta) 1/2c Cherry Tomatoes 1/2c Fresh Broccoli 1 FF Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk
25	26	27	28	29
Cold Roast Beef n Cheese w/1/2c Tomato & Lettuce on WW Bun 1/2c Baked Beans 1/2c Cinnamon Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk	2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers FF Ranch Dressing 1 Wheat Dinner Roll Fresh Banana 1/2c Peaches 1/2pt FF 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 FF Milk	Chicken Bowl 1/2c Mashed Potatoes 1/2c Corn Red Delicious Apple 1/2c Mixed Fruit 1/2pt FF Milk	Pizzaburger w/ w/ 1/2oz Cheese & Pizza Sauce 1/2c Romaine & Tomatoes FF Ranch Dressing Fresh Fruit 1/2c Pears 1/2pt FF Milk



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