



Young Scholars Of Greater Allegheny Menu Cycle 2025-26



Monday

Tuesday

Wednesday

Thursday

Friday

9/1/25

9/2/25

9/3/25

9/4/25

9/5/25

Tuna Salad Sandwich
WG Hamburger Bun

Taco salad
Tortilla Chips
(Cheddar Cheese)

Turkey Ham and Cheese
WG Bread
(American Cheese)
Mayo Pc

Crispy Chicken Salad
WG Dinner roll
Ranch Dressing

Featured Veggies:
Chicl Pea Salad
Tomatoes
Diced Pears
Choice of Milk

Featured Veggies:
Romaine Lettuce
Diced Tomatoes
Applesauce
Choice of Milk

Featured Veggies:
Broccoli

Mixed Fruit
Choice of Milk

Featured Veggies:
Romaine Lettuce
Celery Sticks
Cinnamon Applesauce
Choice of Milk

9/8/25

9/9/25

9/10/25

9/11/25

9/12/25

Turkey and Swiss
Sandwich
Wg Sandwich Bun

Chef Salad
(Turkey Ham)
Mozzerella Cheese
Romaine Lettuce
Diced Tomato

Chicken Salad Sandwich
WG Sandwich Bun

Meatloaf and Cheese
on WG Bread

Grilled Chicken
on WG Sandwich Bun
BBq Sauce

Featured Veggies:
Chickpea Salad
Broccoli
Applesauce
Choice of Milk

Featured Veggies:
Cucumber Slices
Celery Sticks
Diced Pears
Choice of Milk

Featured Veggies:
Caarrot Sticks
Cauliflower
Mixed Fruit
Choice of Milk

Featured Veggies:
Corn and Pepper Salad

Cinnamon Applesauce
Choice of Milk

Featured Veggies:
Cherry Tomatoes
Carrot Sticks
Diced Peaches
Choice of Milk

9/15/25

9/16/25

9/17/25

9/18/25

9/19/25

Chicken Ceasar Salad
WG Dinner Roll

(Chicken Strips)
(Mozzerella Cheese)

Tuna Salad Sandwich
WG Hamburger Bun

Taco salad
Tortilla Chips
(Cheddar Cheese)

Turkey Ham and Cheese
WG Bread
(American Cheese)
Mayo Pc

Crispy Chicken Salad
WG Dinner roll
Ranch Dressing

Featured Veggies:
(romaine lettuce)
Carrot Sticks
Diced Peaches
Choice of Milk

Featured Veggies:
Chicl Pea Salad
Tomatoes
Diced Pears
Choice of Milk

Featured Veggies:
Romaine Lettuce
Diced Tomatoes
Applesauce
Choice of Milk

Featured Veggies:
Broccoli

Mixed Fruit
Choice of Milk

Featured Veggies:
Romaine Lettuce
Celery Sticks
Cinnamon Applesauce
Choice of Milk

9/22/25

9/23/25

9/24/25

9/25/25

9/26/25

Turkey and Swiss
Sandwich
Wg Sandwich Bun

Chef Salad
(Turkey Ham)
Mozzerella Cheese
Romaine Lettuce
Diced Tomato

Chicken Salad Sandwich
WG Sandwich Bun

Meatloaf and Cheese
on WG Bread

Grilled Chicken
on WG Sandwich Bun
BBq Sauce

Featured Veggies:
Chickpea Salad
Broccoli
Applesauce
Choice of Milk

Featured Veggies:
Cucumber Slices
Celery Sticks
Diced Pears
Choice of Milk

Featured Veggies:
Caarrot Sticks
Cauliflower
Mixed Fruit
Choice of Milk

Featured Veggies:
Corn and Pepper Salad

Cinnamon Applesauce
Choice of Milk

Featured Veggies:
Cherry Tomatoes
Carrot Sticks
Diced Peaches
Choice of Milk

9/29/25

9/30/25

Chicken Ceasar Salad
WG Dinner Roll

(Chicken Strips)
(Mozzerella Cheese)

Tuna Salad Sandwich
WG Hamburger Bun

Featured Veggies:
Chicl Pea Salad
Tomatoes
Diced Pears
Choice of Milk

Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli,
romaine and spring salad
Red/Orange - carrots, sweet potatoes,
tomatoes and red peppers
Legumes - beans and peas
Starchy - potatoes, corn, peas and
lima beans
Other Vegetables - celery sticks,
cucumbers, cauliflower, green
peppers, green beans, cabbage and
green peppers

Daily Fruit Selections May Include:

oranges, apples, bananas, grapes,
pears, peaches, cantaloupe, melon,
strawberries, applesauce, pineapple
and mandarin oranges

**Menu Subject to Change Without
Notice**

**USDA is an equal opportunity
provider and employer.**