



Young Scholars Of Greater Allegheny Menu Cycle 2025-26



Monday

Tuesday

Wednesday

Thursday

Friday

9/29/25

9/30/25

10/1/25

10/2/25

10/3/25

Lucky Charms
Breakfast Kit

Cheerios Cereal Bar
Breakfast Kit

NO SCHOOL

Diced Pears
Choice of Milk

Cinnamon Applesauce
Choice of Milk

10/6/25

10/7/25

10/8/25

10/9/25

10/10/25

Strawberry Pop Tart
Breakfast Kit

Fruit Loops
Breakfast Kit

Fudge Pop Tart
Breakfast Kit

Cocoa Puff
Breakfast Kit

Cheerios Cereal Bar
Breakfast Kit

Diced Pears
Choice of Milk

applesauce
Choice of Milk

Diced Peaches
Choice of Milk

Mixed Fruit
Choice of Milk

Cinnamon Applesauce
Choice of Milk

10/13/25

10/14/25

10/15/25

10/16/25

10/17/25

NO SCHOOL

Fudge Poptart
Breakfast Kit

Lucky Charms
Breakfast Kit

Cheerios Cereal Bar
Breakfast Kit

Trix Cereal
Breakfast Kit

Diced Peaches
Choice of Milk

Diced Pears
Choice of Milk

Cinnamon Applesauce
Choice of Milk

Mixed Fruit
Choice of Milk

10/20/25

10/21/25

10/22/25

10/23/25

10/24/25

Strawberry Pop Tart
Breakfast Kit

Fruit Loops
Breakfast Kit

Fudge Pop Tart
Breakfast Kit

Cocoa Puff
Breakfast Kit

Cheerios Cereal Bar
Breakfast Kit

Diced Pears
Choice of Milk

applesauce
Choice of Milk

Diced Peaches
Choice of Milk

Mixed Fruit
Choice of Milk

Cinnamon Applesauce
Choice of Milk

10/27/25

10/28/25

10/29/25

10/30/25

10/31/25

Cocoa Puffs
Breakfast Kit

Fudge Poptart
Breakfast Kit

Lucky Charms
Breakfast Kit

Cheerios Cereal Bar
Breakfast Kit

Trix Cereal
Breakfast Kit

Applesauce
Choice of Milk

Diced Peaches
Choice of Milk

Diced Pears
Choice of Milk

Cinnamon Applesauce
Choice of Milk

Mixed Fruit
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

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