



Young Scholars Of Greater Allegheny Menu Cycle 2025-26



Monday

Tuesday

Wednesday

Thursday

Friday

11/3/25

Turkey and Swiss
Sandwich
Wg Sandwich Bun

Featured Veggies:
Chickpea Salad
Broccoli
Applesauce
Choice of Milk

11/4/25

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

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

11/5/25

Chicken Salad Sandwich
WG Sandwich Bun

Featured Veggies:
Caarrot Sticks
Cauliflower
Mixed Fruit
Choice of Milk

11/6/25

Meatloaf and Cheese
on WG Bread

Featured Veggies:
Corn and Pepper Salad

Cinnamon Applesauce
Choice of Milk

11/7/25

Grilled Chicken
on WG Sandwich Bun
BBQ Sauce

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

11/10/25

Chicken Ceasar Salad
WG Dinner Roll

(Chicken Strips)
(Mozzerella Cheese)

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

11/11/25

Tuna Salad Sandwich
WG Hamburger Bun

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

11/12/25

Taco salad
Tortilla Chips
(Cheddar Cheese)

Featured Veggies:
Romaine Lettuce
Diced Tomatoes
Applesauce
Choice of Milk

11/13/25

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

Featured Veggies:
Broccoli

Mixed Fruit
Choice of Milk

11/14/25

Crispy Chicken Salad
WG Dinner roll
Ranch Dressing

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

11/17/25

Turkey and Swiss
Sandwich
Wg Sandwich Bun

Featured Veggies:
Chickpea Salad
Broccoli
Applesauce
Choice of Milk

11/18/25

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

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

11/19/25

Chicken Salad Sandwich
WG Sandwich Bun

Featured Veggies:
Caarrot Sticks
Cauliflower
Mixed Fruit
Choice of Milk

11/20/25

Meatloaf and Cheese
on WG Bread

Featured Veggies:
Corn and Pepper Salad

Cinnamon Applesauce
Choice of Milk

11/21/25

Half Day

11/24/25

Chicken Ceasar Salad
WG Dinner Roll

(Chicken Strips)
(Mozzerella Cheese)

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

11/25/25

Tuna Salad Sandwich
WG Hamburger Bun

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

11/26/25

NO SCHOOL

11/27/25

NO SCHOOL

11/28/25

NO SCHOOL

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.