



Young Scholars Of Greater Allegheny Menu Cycle 2025-26



Monday

Tuesday

Wednesday

Thursday

Friday

1/5/25

Chicken Ceasar Salad
WG Dinner Roll

(Chicken Strips)
(Mozzarella Cheese)

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

1/6/25

Tuna Salad Sandwich
WG Hamburger Bun

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

1/7/25

Taco salad
Tortilla Chips
(Cheddar Cheese)

Featured Veggies:
Romaine Lettuce
Diced Tomatoes
Applesauce
Choice of Milk

1/8/25

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

Featured Veggies:
Broccoli

Mixed Fruit
Choice of Milk

1/9/25

Crispy Chicken Salad
WG Dinner roll
Ranch Dressing

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

1/12/25

Turkey and Swiss
Sandwich
Wg Sandwich Bun

Featured Veggies:
Chickpea Salad
Broccoli
Applesauce
Choice of Milk

1/13/25

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

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

1/14/25

Chicken Salad Sandwich
WG Sandwich Bun

Featured Veggies:
Caarrot Sticks
Cauliflower
Mixed Fruit
Choice of Milk

1/15/25

Meatloaf and Cheese
on WG Bread

Featured Veggies:
Corn and Pepper Salad

Cinnamon Applesauce
Choice of Milk

1/16/25

Half Day

1/19/25

No School

1/20/25

Tuna Salad Sandwich
WG Hamburger Bun

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

1/21/25

Taco salad
Tortilla Chips
(Cheddar Cheese)

Featured Veggies:
Romaine Lettuce
Diced Tomatoes
Applesauce
Choice of Milk

1/22/25

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

Featured Veggies:
Broccoli

Mixed Fruit
Choice of Milk

1/23/25

Crispy Chicken Salad
WG Dinner roll
Ranch Dressing

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

1/26/25

Turkey and Swiss
Sandwich
Wg Sandwich Bun

Featured Veggies:
Chickpea Salad
Broccoli
Applesauce
Choice of Milk

1/27/25

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

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

1/28/25

Chicken Salad Sandwich
WG Sandwich Bun

Featured Veggies:
Caarrot Sticks
Cauliflower
Mixed Fruit
Choice of Milk

1/29/25

Meatloaf and Cheese
on WG Bread

Featured Veggies:
Corn and Pepper Salad

Cinnamon Applesauce
Choice of Milk

1/30/25

Grilled Chicken
on WG Sandwich Bun
BBq Sauce

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

2/2/25

2/3/25

2/4/25

2/5/25

2/6/25

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.