




Menus for  

**October 2023**  
 Young Scholars  
 of  
**Central Pennsylvania**  
  
**Full Lunch - \$3.25**

**Looking for a job  
 with family-friendly  
 hours?**  
 SCASD Food Services has  
 part time positions available.  
 \$16.75/hr.  
 Contact us for  
 additional information.  
**814-231-5095**  
**foodservices@scasd.org**



Every complete meal includes  
 your choice of lowfat white,  
 or fat-free chocolate milk.

  
**WORLD SMILE  
 DAY**  
**Friday, October 6**  
*If you see someone without a smile today,  
 give them one of yours.*

**Monday, October 2**  
 Chicken Nuggets  
 Biscuit  
 Steamed Peas Baby Carrots  
 Crisp Apple  
 Choice of Milk

**Tuesday, October 3**  
 Warm Cheese Pretzel  
 Carrot & Celery Sticks  
 Mandarin Oranges  
 Choice of Milk

**Wed., October 4**  
 Hamburger  
 Cowboy Salad Cucumber Slices  
 Banana  
 Baked Lays Chips  
 Choice of Milk

**Thursday, October 5**  
 Cheese Lasagna  
 Garlic Breadstick  
 Steamed Green Beans  
 Apple Slices  
 Choice of Milk

**Friday, October 6**  
 Sloppy Joe Sandwich  
 Cherry Tomatoes & Broccoli  
 Sweet Pineapple  
 Cookie  
 Choice of Milk

**Monday, October 9**  
**No School Today**  
**Menus are  
 Subject to Change**

**Tuesday, October 10**  
 Popcorn Chicken  
 Dinner Roll  
 Steamed Corn Baby Carrots  
 Applesauce  
 Choice of Milk

**Wed., October 11**  
 Yogurt Parfait  
 Pepper Strips & Carrots  
 Peach Cup  
 Graham Crackers  
 Choice of Milk

**Thursday, October 12**  
 BBQ Chicken Sandwich  
 Broccoli & Cherry Tomatoes  
 Sweet Melon  
 Corn Chips  
 Choice of Milk

**Friday, October 13**  
 Baked Potato & Cheese Sauce  
 All Bean Chili  
 Soft Pretzel  
 Pineapple Cup  
 Choice of Milk

**Monday, October 16**  
 Chicken Nuggets  
 Dinner Roll  
 Steamed Corn Baby Carrots  
 Pineapple Cup  
 Choice of Milk

**Tuesday, October 17**  
 Grilled Cheese Sandwich  
 Tomato Soup  
 Cucumber Slices Apple Slices  
 Goldfish Crackers  
 Choice of Milk

**Wed., October 18**  
 Chicken Patty Sandwich  
 Roasted Ranch Chickpeas  
 Baby Carrots  
 Banana  
 Choice of Milk

**Thursday, October 19**  
 Rice Chex & Yogurt  
 Goldfish Grahams  
 Hashbrown Pepper Strips  
 Orange Juice  
 Choice of Milk

**Friday, October 20**  
 Fish Sticks  
 Macaroni & Cheese  
 Broccoli & Cherry Tomatoes  
 Peach Cup  
 Choice of Milk

**Monday, October 23**  
 Popcorn Chicken  
 Garlic Bread Stick  
 Green Beans Baby Carrots  
 Applesauce  
 Choice of Milk

**Tuesday, October 24**  
 Warm Cheese Pretzel  
 Carrot & Celery Sticks  
 Pineapple Cup  
 Cookie  
 Choice of Milk

**Wed., October 25**  
 Walking Taco  
 Seasoned Black Beans  
 Cucumber Slices  
 Local Apple  
 Choice of Milk

**Thursday, October 26**  
**No School Today**  
**Happy October!**  
*How do you fix a damaged  
 jack-o-lantern?  
 You use a pumpkin patch!*

**Friday, October 27**  
**No School Today**  


**Monday, October 30**  
 Chicken Nugget & Biscuit  
 Steamed Corn Baby Carrots  
 Peach Cup  
 Choice of Milk

**Tuesday, October 31**  
 Hot Dog (turkey & beef)  
 Carrot & Celery Sticks  
 Apple Slices  
 Fruit Roll Up  
 Choice of Milk

**Wed., November 1**  
 Mini Waffles  
 Yogurt Hashbrown  
 Dragon Punch Juice  
 Banana  
 Choice of Milk

**Thursday, November 2**  
 Deli Turkey Sandwich  
 Cowboy Salad Cucumber Slices  
 Pineapple Cup  
 Fritos Corn Chips  
 Choice of Milk

**Friday, November 3**  
 BBQ Chicken Sandwich  
 Broccoli & Cherry Tomatoes  
 Applesauce  
 Choice of Milk