

# YORK HIGH SCHOOL (9-12)

# LUNCH MENU MARCH 2017

## Fruit & Veggie Bar

Included with lunch every day

8 to 10 choices of unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. Each student is now required to have 1/2 cup of fruits or vegetables on their tray.



## My Locally Grown Foods!

Look for the Farmer's Market Logo on this month's menu for the featured locally grown.

Learn more about this month's selection on the poster in the dining area or at:  
<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>



## My Choices: Fusion Food A Monthly Featured Entree

Available on the menu day indicated, Fusion Foods are a brilliant blend of flavors and tastes. We take your favorite foods, and add a flavor twist not seen in school foods before. Enjoy!!



## My Choices: Chef Day

Chef Joe will prepare a special entrée right in front of you. Look for the Chef Demo sign in the lunch area to learn what this month's item will be.

This entrée is available for \$2.25. The Fruit and Veggie bar and Milk can each be purchased separately for an additional amount. You must have money in your account or pay cash to choose this entrée.

## Lunch Meal Prices & Extras

HS Lunch	\$2.75	Extra Entrée	\$1.75
Chef Entrée	\$2.25	Extra Milk	\$0.45
Adult Lunch	\$3.45	Extra Branded Pizza	\$1.75
Adult ONE TRIP Fruit & Veggie Bar			\$1.75


Menus Subject to change without notice.



## Comfort Foods: Entrée & Featured Hot Veggie of the Day

Mon	Tue	Wed	Thu	Fri
		1 Baked Fish & Cheese Sandwich Baked Beans	2 <b>NO SCHOOL</b>	3 <b>NO SCHOOL</b>
	<b>Fusion Foods</b> ChimiChurri Tots Sautéed steak served over crisp potato tots, served with onions and peppers and drizzled with chimichurri sauce.			
6 <b>NO SCHOOL</b>	7 Crispitos Refried Beans Tortilla Chips with Fresh Mango Salsa	8 Chicken & Noodles and Dinner Roll Mashed Potatoes with Gravy	9 Spaghetti and Garlic Bread Stick Peas Gelatin Dessert	10 Breaded Beef Fingers with Dinner Roll Steamed Carrots
13 Cavatini and Garlic Bread Stick Steamed Broccoli	14 Chicken Nuggets Steamed Carrots Cinnamon Bread Stick	15 Beef Stroganoff with Dinner Roll Golden Corn	16 Homestyle BBQ Pork Sandwich BBQ Beans Coleslaw Cookie	17 Bosco Sticks with Marinara Mixed Vegetables
20 Mini Corn Dogs Potato Salad Decorated Holiday Cookie	21 Beef & Bean Burrito Refried Beans	22 Ham and Pasta Hot dish with Dinner Roll Green Beans	23 Beef Goulash and Garlic Bread Stick Golden Corn Carnival Cookie	24 Golden Macaroni & Cheese And Dinner Roll Peas
27 Chicken Florentine Pasta and Dinner Roll Peas	28 Taco in a Bag Chili Lime Corn Cinnamon Bread Stick	29 <b>Fusion Foods</b> Chimichurri Tots with Dinner Roll Black Beans	30 Lasagna and Bread Stick Candied Carrots Chocolate Chip Cookie	31 Toasted Cheese Sandwich and Tomato Soup Mixed Vegetables

**Questions or Comments?** Contact Mitch Novak, Food Service Director at 402-363-9169 or [mitch@lunchtimesolutions.com](mailto:mitch@lunchtimesolutions.com)

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## My Choices: Hot Grill Sandwich Choices - Every Day

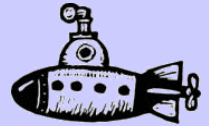
- Cheeseburger
- Hot Dog
- Crispy Chicken Sandwich
- Spicy Chicken Sandwich

## My Choices: Fresh Pizza Every Day!!

- Cheese available daily
- M - Pepperoni or Beef
- T - Hot Hawaiian or Taco
- W - Sausage or Beef
- Th - BBQ Chicken or Breakfast
- F - Supreme or Buffalo Ranch

## My Choices: Sub Station

Fresh Baked Sub Rolls and Toppings



Select your favorite variety of sub and add your choice of toppings, including lettuce, pickles, sliced tomato, sliced red onion, peppers and cucumbers.

## My Choices: Deli Style Wraps

Deli Meat, Cheese and Fresh Veggies in a soft regular or tomato basil tortilla.

- Monday - Combo
- Tuesday - Fajita Chicken
- Wednesday - Turkey
- Thursday - Ham
- Friday - Grilled Chicken

## My Choices: Power Lunch Salads

- Monday Grilled Chicken Salad
- Tuesday Southwest Salad
- Wednesday Chef Salad
- Thursday Taco Salad
- Friday Crispy Chicken Salad

30 grams protein avg.



## My Choices: Vegetarian

- M-W Vegetarian Salad w/ Breadsticks
- T-Th-F Fruit, Yogurt & Cheese Plate w/ Graham Crackers