

# YORK HIGH SCHOOL (9-12)

# LUNCH MENU AUGUST 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 Mitch 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	\$2.85	Extra Entrée	\$1.75
Chef Entrée	\$2.25	Extra Milk	\$0.45
Adult Lunch	\$3.55	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	2	3	4
				
7	8	9	10	11
14	15	16	17 Hot Pepperoni Sub  Baked Beans Chocolate Chip Cookie	18 Toasted Ham & Cheese Sandwich and Tomato Soup Mixed Vegetables
21 Chicken Fajitas	22 Beef Stroganoff with Dinner Roll	23 Home-style Turkey & Gravy with Dinner Roll Mashed Potatoes with Gravy	24 Spaghetti with Meat Sauce and Bread Stick Green Beans Gelatin Dessert	25 Taco Burger   Golden Corn
Zesty Black Beans Eclipse Cookie	Peas Frosted Cinnamon Roll			
28 Orange Chicken over Rice	29 Baked Fish and Cheese Sandwich	30 Italian Dunkers with Marinara Sauce	31 Home-style Tater Hot Dish and Dinner Roll Mixed Veggies Chocolate Chip	
Green Beans	Corn on the Cob 	Candied Carrots		

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

The institution is an equal opportunity employer and  Lunchtime Solutions, Inc.

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

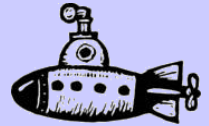
Cheeseburger  
Hot Dog  
Crispy Chicken Sandwich  
Spicy Chicken Sandwich

## 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



## My Choices: Vegetarian

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