

# YORK HIGH SCHOOL (9-12)

# LUNCH MENU APRIL 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
3 Chicken Fajita Black Beans on F&V Bar	4 Corn Dog Golden Corn Frosted Cinnamon Roll	5 Breaded Beef Patty & Roll Mashed Potatoes with Gravy	6 Spaghetti with Garlic Bread Stick Green Beans Gelatin Dessert	7 Taco Burger Peas
10 Orange Chicken over Rice Steamed Broccoli	11 Super Nachos Refried Beans Cinnamon Bread Stick	12 Tater Hot Dish And Dinner Roll Mixed Vegetables	13 Ham Slice & Roll Scalloped Potatoes Green Bean Casserole Holiday Cookie	14 <b>NO SCHOOL</b>
17 <b>NO SCHOOL</b>	18 Mini Corn Dogs Green Beans Carnival Cookie	19 Italian Dunkers With Marinara Sauce Candied Carrots	20 Fusion Food Chinese Tacos Stir Fry Vegetables Coconut Rice	21 Sloppy Joe BBQ Beans Sugar Cookie
24 Chicken Stew over Fresh Baked Biscuit Mixed Vegetables	25 <b>Breakfast for Lunch</b> Ham, Egg and Cheese Biscuit Sandwich Potato Triangle	26 Pork Fritter Sandwich Baked Beans	27 Cavatini and Garlic Bread Stick Green Beans Sugar Cookie	28 California Lasagna and Garlic Breadstick Peas
<b>Chef Entrée</b> <b>Beef &amp; Broccoli</b> An Asian Classic! Tender beef and broccoli sautéed in teriyaki sauce and served over rice.				

No-

The institution is an equal opportunity employer and provider.

Questions or Comments? Contact Mitch vak, Food Ser-



## 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