York High School (9-12) Lunch Menu April 2018

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: Epic Meltdowns

A Monthly Featured Entree

Available on the menu day indicated, Epic Meltdowns are your classic grilled cheese, elevated to a new level with amped-up ingredients, flavors and tastes. 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
2 **NO SCHOOL**	3 Pizza Station And Grill only	4 Chicken Nuggets and Dinner Roll Mashed Potatoes	5 Beef Stroganoff With Dinner Roll Peas Frosted Cinnamon Roll	6 Taco Burger Golden Corn
9 Orange Chicken over Rice Green Beans	10 Super Nachos Refried Beans Cinnamon Bread Stick	11 Italian Dunkers with Marinara Sauce Candied Carrots Coleslaw	12 Tater Hot Dish and Dinner Roll Mixed Veggies Chocolate Chip Cookie	13 Baked Fish & Cheese Sandwich Golden Corn
16 Cheeseburger Soup and Dinner Roll Steamed Carrots	17 Soft Shell Tacos Chili Lime Corn Carnival Cookie	18 Chicken Nuggets and Dinner Roll Mashed Potatoes	19 Chicken Ranch Pasta & Roll Roasted Asparagus Sugar Cookie	20 Taquito Grande BBQ Beans
23 Home-style Chicken Stew over Fresh Baked Biscuit Baked Fries	24 Buffalo Chicken Pasta & Roll Baked Beans Chocolate Chip Cookie	25 Chili Smothered Baked Potato & Dinner Roll Mixed Vegetables	26 Epic Meltdown Cheddar Bacon Apple Grilled Cheese Green Beans Sugar Cookie	27 Mexi Tots with Dinner Roll Golden Corn
30 Chicken Fajitas Refried Beans			**Epic Meltdown The Big Apple** Melty Cheddar Cheese with Bacon, Crisp Apple and Sweet Blackberry Jam.	

Questions or Comments? Contact Mitch Novak, Food Service Director at 402-363-9169 or m.novak@lunchtimesolutions.com

The institution is an equal opportunity employer and provider.

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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 - Philly 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

30 grams protein avg.

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/ Bread Stick
M-F Uncrustable, String Cheese & Bread stick