



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Milk Option: 1% White Fat Free Chocolate, Vanilla and Strawberry.						We are an equal opportunity provider. Due to food supply and delivery issues, the menu may change.
	<i>Build a Healthy Lunch: Entree, add 1 or 2 servings of Vegetables, 1 serving of Fruit and your Favorite Milk 1% White Milk, Fat Free Chocolate, Strawberry and Vanilla Milk offered Daily</i>					
Assorted fresh vegetables, fresh and canned fruit offered daily. Note: Students must take a fruit and/or Vegetable to qualify for the meal to be served at no cost to you. <u>Offered Daily</u> PB&J Munchable: PB&J uncrustable, 1 cheese stick, and 1 pack goldfish crackers WowButter Munchable: (sunflower seed butter) 1 cheese stick, and 1 pack goldfish crackers.	1 No School	2 Walking Taco Or Yogurt Munchable* Corn, Salsa	3 BBQ Meatballs w/ Mac-n-Cheese or Mac-n-Cheese and Roll Broccoli	4 Chicken Patty or Veggie Patty Sandwich Baked Beans	5 Maxi Sticks * Or Turkey and Cheese Sandwich Green Beans	PRICES
	8 General Tso Chicken w/ Brown Rice Or Yogurt Munchable* Broccoli	9 Beef Nachos Cheese Nachos* Texas Beans Cheese, Salsa	10 Early Dismissal Stuffed Crust Pizza* Or Turkey and Cheese Sandwich Green BeansI	11 Popcorn Chicken w/Roll Or Yogurt Munchable* Mashed Potatoes w/Gravy Corn	12 Cheeseburger Or Veggie Burger* Smiley Fries	Lunch All Students eat at no charge Adult Lunch \$5.00 <u>Any Questions or Concerns</u> Please contact Regina Arnold Food Service Manager rarnold@yorkarcs.org Look for an * that denotes the vegetarian meal option offered Daily Cycle day is in the upper right corner on each day.
	15 Chicken Tenders Or Vegetarian Tenders* w/Goldfish Baked Beans	16 Soft Chicken Taco Or Cheesy Pull-Apart* Corn, Seasoned Rice, Salsa, Cheese	17 Chicken Alfredo, or Alfredo and Pasta* w/ Dinner Roll Broccoli	18 Meatballs w/Garlic Knot Or Yogurt Munchable* Sweet Peas	19 Garlic French Bread Pizza* or Turkey/Cheese Sandwich Green Beans	
	22 Chick-n-Cheese Basket Or Breaded Mozzarella Sticks* w/Marinara Peas	23 Chicken Quesadilla Or Cheese Quesadilla* Corn, Salsa Sour Cream	24 Grilled Cheese* Or Turkey/Cheese Sandwich Tomato Soup	25 Cheeseburger Or Veggie Burger Baked Beans	26 Mickey's Pizza* Or Ham/Cheese Pizza Green Beans Frozen SideKick	
	29 Chicken Patty or Veggie Patty Sandwich Baked Beans	30 Walking Taco Or Yogurt Munchable* Corn, Salsa				