York ACADEMY
Regional Charter School

October Breakfast Menu 2023

UPPER and LOWER SCHOOL

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
						We are an equal opportunity provider. Due to food supply and delivery issues, the menu may change.
	Build a Healthy Breakfast: Pick 1 entree, add Juice, Fruit and your Favorite Milk "Choose 2" Option Offered Daily: Variety of Cereal, Yogurt, Cheese and Muffins					
Milk Option: 1% White Fat Free Chocolate, Vanilla and Strawberry, when available. Note: Students must take a fruit to qualify for the meal to be served at no cost to you.	2 French Toast Bites w/Whipped Cream Assorted Fruit and Juice Assorted Milk	3 Egg, Cheese, & Turkey Sausage Burrito Assorted Fruit and Juice Assorted Milk	4 McKnight Croissant Assorted Fruit and Juice Assorted Milk	5 Dutch Waffle Assorted Fruit and Juice Assorted Milk	6 Bagel w/Cream Cheese Assorted Fruit and Juice Assorted Milk	**Breakfast** All Students eat at no charge Adult Breakfast $3.00
	9 No School	10 Egg, Cheese, & Turkey Sausage Burrito Assorted Fruit and Juice Assorted Milk	11 Early Dismissal McKnight Croissant Assorted Fruit and Juice Assorted Milk	12 Dutch Waffle Assorted Fruit and Juice Assorted Milk	13 Bagel w/Cream Cheese Assorted Fruit and Juice Assorted Milk	
	16 French Toast Bites w/Whipped Cream Assorted Fruit and Juice Assorted Milk	17 Egg, Cheese, & Turkey Sausage Burrito Assorted Fruit and Juice Assorted Milk	18 McKnight Croissant Assorted Fruit and Juice Assorted Milk	19 Dutch Waffle Assorted Fruit and Juice Assorted Milk	20 Bagel w/Cream Cheese Assorted Fruit and Juice Assorted Milk	**Any Questions or Concerns** Please contact Regina Arnold Food Service Manager rarnold@yorkarcs.org
	23French Toast Bites w/Whipped Cream Assorted Fruit and Juice Assorted Milk	24 Egg, Cheese, & Turkey Sausage Burrito Assorted Fruit and Juice Assorted Milk	25 Early Dismissal McKnight Croissant Peaches 100% Grape Juice	26 Student Led Conferences No School	27 Student Led Conferences No School	
	30 French Toast Bites w/Whipped Cream Assorted Fruit and Juice Assorted Milk	31 Egg, Cheese, & Turkey Sausage Burrito Assorted Fruit and Juice Assorted Milk				