May 2023
UPPER SCHOOL LUNCH MENU
Regional Charter School

| New Menu Item: Fiesta Beef Stuffed Sandwich. Pastry crust filled with mozzarella, cheddar and beef. <br> * Vegetarian | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | 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 |  |  |  |  |
|  | 1 <br> Walking Taco <br> Vegetarian Walking Taco* <br> Corn, Salad Bar <br> Assorted Fruit and Milk | 2 <br> French Toast Sticks w/ Sausage or Yogurt Hash Brown ,Salad Bar Assorted Fruit and Milk | 3 <br> Mini Corn Dogs Cheesy Pullaparts* Baked Beans, Salad Bar Assorted Fruit and MIIk | General Tso Chicken Vegetarian General Tso* Vegetable Fried Rice Broccoli, Salad Bar Assorted Fruit and Milk | 5 <br> Pizza* <br> Hamburgers <br> Green Beans, Salad Bar Assorted Fruit and Milk |
| Visit <br> yorkacademy.com Click on parents tab and look for food services. <br> Here you will find menus, birthday bag order forms and how to apply for meal benefits. A new application must be completed each school year. <br> Any Questions or Concerns please contact Regina Arnold, Food Service Manager rarnold@yorkarcs.org | 8 Chicken Patty Sandwich Vegetarian Chicken* Smiley Fries, Salad Bar Assorted Fruit and Milk | 9 <br> Beef Nachos Cheesy Nachos* Fiesta Beans, Salad Bar Assorted Fruit and Milk | 10 Early Dismissal Cheese Pizza* Sandwich of the Day Green Beans, Baby Carrots Assorted Fruit and Milk | 11 <br> Popcorn Chicken w/Roll <br> Vegetarian Tenders w/Roll* <br> Mashed Potatoes, Corn Assorted Fruit and Milk | 12 <br> Fiesta Beef Stuffed Sandwich Cheesy Pullapart Baked Beans, Salad Bar Assorted Fruit and Milk |
|  | 15 <br> Cheeseburger Or Veggie Burger Baked Beans, Salad Bar Assorted Fruit and Milk | 16 <br> Soft Shell Chicken Taco Vegetarian Taco* Refried Beans Corn, Salad Bar Assorted Fruit and Milk | 17 <br> Sub Day Salad Bar Assorted Fruit and Milk Chips | 18 <br> Chicken Alfredo Or Alfredo Pasta* Broccoli, Salad Bar Assorted Fruit and Milk | 19 <br> Pizza* <br> Sandwich of the Day Green Beans, Baby Carrots Assorted Fruit and Milk |
|  | 22 <br> Chick-n-Cheese Basket Breaded Mozzarella Sticks* <br> Corn, Salad Bar Assorted Fruit and Milk | 23 <br> Meatballs w/ Bosco Stick Pizza Veggie Burger* Broccoli, Salad Bar Assorted Fruit and Milk | 24 <br> Chicken \& Waffle Or Vegetarian Nuggets*w/ Waffle* Tater Tots, Salad Bar Assorted Fruit and Milk | 25 <br> Walking Taco Vegetarian Walking Taco* <br> Fiesta Beans, Fresh Veggies Assorted Fruit and Milk |  |
|  | 29 <br> No School Happy Memorial Day! | 30 <br> Chefs Choice <br> Assorted Vegetables Assorted Fruit Assorted Milk | 31 Early Dismissal <br> Chefs Choice Assorted Vegetables Assorted Fruit Assorted Milk | Have a safe and wonderful summer. See you in August! |  |

