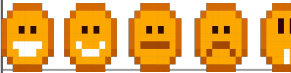



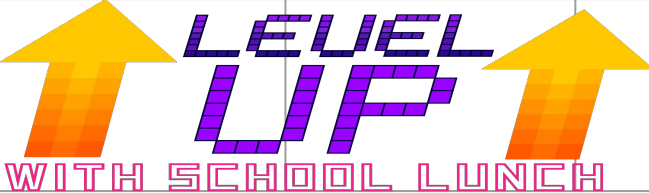


MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Milk Option: 1% White Fat Free Chocolate, Vanilla and Strawberry.</p> <p>Assorted fresh vegetables, fresh and canned fruit offered daily.</p> <p>Note: Students must take a fruit and/or Vegetable to qualify for the meal to be served at no cost to you.</p> <p>Offered Daily 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.</p>	<p><i>Build a Healthy Lunch: Entree, add 1 or 2 servings of Vegetables, 1 serving of Fruit and your Favorite Milk</i> 1% White Milk, Fat Free Chocolate, Strawberry and Vanilla Milk offered Daily</p>					<p>We are an equal opportunity provider. Due to food supply and delivery issues, the menu may change.</p>
						PRICES
	<p>2 Chic-n-Cheese Basket Or Breaded Cheese Sticks w/Marinara* Peas</p> <p>Cycle Day 1</p>	<p>3 Chicken Quesadilla Or Pizza Quesadilla* Corn, Salsa, Sour Cream</p> <p>Cycle Day 2</p>	<p>4 French Toast Sticks*w/ Sausage or Yogurt* Tater Tots</p> <p>Cycle Day 3</p>	<p>5 BBQ Chicken Pretzel Sandwich Or Yogurt Munchable* Baked Beans</p> <p>Cycle Day 4</p>	<p>6 Mickey's Pizza* Or Ham and Cheese Sandwich Green Beans SideKick</p> <p>Cycle Day 5</p>	<p>Lunch All Students eat at no charge Adult Lunch \$5.00 Snacks .50-1.00</p> <p>Any Questions or Concerns Please contact Regina Arnold Food Service Manager rarnold@yorkarcs.org</p> <p>Look for an * that denotes the vegetarian meal option offered Daily</p>
	<p>9 National School Lunch Week No School</p> 	<p>10 Chicken Patty Sandwich Vegetarian Patty Sandwich Baked Beans</p> <p>Cycle Day 1</p> 	<p>11 Early Dismissal Maxi Sticks Or Turkey/Cheese Sandwich Green Beans Rice Krispy Treat</p>	<p>12 Beef-a-Roni w/Roll Or Saucey Pasta w/Roll* Broccoli</p> <p>Cycle Day 2</p> 	<p>13 Mini Corn Dogs Or Cheesy Bread* Smiley Fries</p> <p>Cycle Day 3</p> 	
	<p>16 General Tso Chicken w/ Brown Rice Or Yogurt Munchable* Broccoli</p> <p>Cycle Day 4</p>	<p>17 Beef Nachos Or Cheesy Nachos* Texas Beans</p> <p>Cycle Day 5</p>	<p>18 Meatballs w/Bosco Stick 2 Bosco Sticks w/Sauce Peas</p> <p>Cycle Day 1</p>	<p>19 Popcorn Chicken w/Roll Yogurt Munchable* Mashed Potatoes, Corn</p> <p>Cycle Day 2</p>	<p>20 Stuffed Crust Pizza* Or Turkey and Cheese Sandwich Green Beans Brownie Bar</p> <p>Cycle Day 3</p>	
	<p>23 Chicken Tenders w/Goldfish Or Veggie Tenders w/Goldfish* Baked Beans</p> <p>Cycle Day 4</p>	<p>24 Soft Chicken Taco Or Queso Pull-Apart* Corn, Seasoned Rice, Salsa</p> <p>Cycle Day 5</p>	<p>25 Early Dismissal Garlic French Bread* Or Turkey and Cheese Sandwich Green Beans Chocolate Chip Cookie</p>	<p>26 Student Led Conferences No School</p>	<p>27 Student Led Conferences No School</p>	
	<p>30 Chic-n-Cheese Basket Or Breaded Cheese Sticks w/Marinara* Peas</p> <p>Cycle Day 1</p>	<p>31 Chicken Quesadilla Or Pizza Quesadilla* Corn, Salsa, Sour Cream Fall Fun Treat</p> <p>Cycle Day 2</p>			<p>National School Lunch Week October 9-13</p>	
	