

York Academy Regional Charter School K-6

Breakfast & Lunch Menu August 2022

Build a Healthy Lunch: Pick 1 Entrée, add 1 or 2 Servings of Vegetables, 1 Serving of Fruit and your Favorite Milk
1% White Milk, Fat Free Chocolate, Vanilla and Strawberry Milk offered daily

Build a Healthy Breakfast: Pick 1 entrée', add Juice, Fruit and your Favorite Milk
"Choose 2" Option Offered Daily: Variety of Cereal, Yogurt, Cheese and Muffins

<u>MONDAY</u> August 15, 2022	<u>TUESDAY</u> August 16, 2022	<u>WEDNESDAY</u> August 17, 2022	<u>THURSDAY</u> August 18, 2022	<u>FRIDAY</u> August 19, 2022
Breakfast will not be provided on the first day of school.	Breakfast Scrambled Egg w/ Fluffy Biscuit Chilly Pears & Orange Juice	Breakfast Egg and Cheese Croissant Chilly Peaches & Grape Juice	Breakfast Apple Bites Fresh Orange Wedges & Apple Juice	Breakfast Fresh Baked Cinnamon Roll Fresh Apple Slices & Fruit Punch
Lunch Walking Taco or Yogurt Munchable* or Cheese Sandwich Sweet Steamy Corn Lettuce, Salsa, Cheese Fresh Fruit Chilly Pears	Lunch Chicken Patty Sandwich Veg Chicken Tenders* or Cheese Sandwich* Smiley Fries Fresh Veggies Fresh Fruit Chilly Peaches	Lunch Beef-a-Roni w/ Dinner Roll or Saucy Pasta w/ Dinner Roll* or Cheese Sandwich* Steamy Broccoli Fresh Veggies Fresh Fruit Chilly Applesauce	Lunch Mini Corn Dogs Pizza Lunchable* or Cheese Sandwich* Baked Beans* Fresh Veggies Fresh Fruit Chilly Pineapples	Lunch Maxi Sticks w/Marinara* or Yogurt Munchable* or Cheese Sandwich* Steamy Green Beans Fresh Veggies Fresh Fruit Chilly Mixed Fruit
August 22, 2022	August 23, 2022	Early Dismissal August 24, 2022	August 25, 2022	August 26, 2022
Breakfast Fruit Frudel Chilly Applesauce & Fruit Punch	Breakfast French Toast Bites Chilly Pears & Orange Juice	Breakfast Egg and Cheese Croissant Chilly Peaches & Grape Juice	Breakfast Dutch Waffle Fresh Orange Wedges & Apple Juice	Breakfast Cini Mini's Fresh Apple Slices & Fruit Punch
Lunch Fish Sandwich* or Yogurt Munchable* or Cheese Sandwich* Baked Beans* Fresh Broccoli w/Dip Fresh Fruit Chilly Pears	Lunch Saucy Meatballs w/Bosco Stick or Bosco Sticks w/Sauce* Or Cheese Sandwich* Steamy Broccoli Fresh Veggies Fresh Fruit Chilly Peaches	Lunch Mickey's Pizza* or Turkey Ham or Cheese Sandwich* Side Salad Steamy Green Beans Fresh Fruit Chilly Applesauce	Lunch Popcorn Chicken w/ Dinner Roll or Pizza Lunchable* or Cheese Sandwich* Mashed Potatoes w/Gravy Sweet Steamy Corn Fresh Fruit Chilly Pineapples	Lunch Mickey's Pizza* or Turkey and Cheese or Cheese Sandwich* Steamy Green Beans Fresh Baby Carrots Fresh Fruit Chilly Mixed Fruit
August 29, 2022	August 30, 2022	August 31, 2022		
Breakfast Turkey Sausage Breakfast Pizza Chilly Applesauce & Fruit Punch	Breakfast Scrambled Egg w/ Fluffy Biscuit Chilly Pears & Orange Juice	Breakfast Egg and Cheese Croissant Chilly Peaches & Grape Juice		
Lunch Soft Shell Chicken Taco Veg Soft Chic Taco or Cheese Sandwich Steamy Sweet Corn Lettuce, Salsa, Cheese Fresh Fruit Chilly Pears	Lunch CheeseBurger or Veggie Burger* or Cheese Sandwich Baked Beans Smiley Fries Fresh Fruit Chilly Peaches	Lunch Chicken Alfredo or Pasta w/Alfredo Sauce* or Cheese Sandwich Steamy Broccoli Side Salad Fresh Fruit Chilly Applesauce		
				
New This Year!!! New easier process to apply for free/reduced meals. Go to www.schoolcafe.com Create an account and apply. Confidential, quick and you will be helping fund programs for you children at York Academy. Thank you for taking the time to apply. Thank you!!	All Students do not eat Free If you did not have an approved free or reduced meal application for the 2021-22 school year, you will be charged for all meals starting on the first day of school.	Yogurt Lunchable: 4 oz Yogurt 1 String Cheese 1 Bag Cheese Crackers 1 bag Graham Crackers	Pizza Lunchable: Build your own Pizza Mini Pizza Crusts with Marinara and Cheese Lunch Prices: Student: \$2.75 Reduced Meal \$4.00 Adult \$5.00	Any Questions or Concerns please contact Regina Arnold, Food Service Manager ramold@yorkarcs.org * Denotes Vegetarian Item/Meal

We are an equal opportunity provider. Due to food supply and delivery issues, the menu may change.