

York Academy Upper School 7-12

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 at Breakfast and Lunch*

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*

MONDAY August 15, 2022	TUESDAY August 16, 2022	WEDNESDAY August 17, 2022	THURSDAY August 18, 2022	FRIDAY August 19, 2022
<p style="text-align: center;">No Breakfast Served</p> <p style="text-align: center;"><u>Lunch</u> Walking Taco Yogurt Parfait* or Pizza* Steamy Sweet Corn Salad Bar Fresh Fruit & Chilly Pears</p>	<p style="text-align: center;"><u>Breakfast</u> Scrambled Egg w/ Fluffy Biscuit Chilly Pears & Orange Juice</p> <p style="text-align: center;"><u>Lunch</u> Chicken Patty Sandwich Plant Based Chicken Sandwich* or Cheeseburger Smiley Fries Salad Bar Fresh Fruit & Chilly Peaches</p>	<p style="text-align: center;"><u>Breakfast</u> Egg Croissant Sandwich Chilly Peaches & Grape Juice</p> <p style="text-align: center;"><u>Lunch</u> Beef-a-Roni w/ Dinner Roll Saucy Pasta w/ Dinner Roll* or Chicken Patty Steamy Broccoli Salad Bar Fresh Fruit & Mandarin Oranges</p>	<p style="text-align: center;"><u>Breakfast</u> Apple Bites Fresh Orange Wedges & Apple Juice</p> <p style="text-align: center;"><u>Lunch</u> Mini Corn Dogs Plant Based Chicken Tenders w/Goldfish* or Pizza* Baked Beans* Salad Bar Fresh Fruit & Chilly Pineapples</p>	<p style="text-align: center;"><u>Breakfast</u> Fresh Baked Cinnamon Roll Fresh Apple Slices & Fruit Punch</p> <p style="text-align: center;"><u>Lunch</u> Maxi Sticks w/Marinara* Yogurt Parfait* or Cheeseburger Steamy Green Beans Fresh Baby Carrots Fresh Fruit & Chilly Mixed Fruit</p>
August 22, 2022	August 23, 2022	Early Dismissal August 24, 2022	August 25, 2022	August 26, 2022
<p style="text-align: center;"><u>Breakfast</u> Fruit Frudel Chilly Applesauce& Fruit Punch</p> <p style="text-align: center;"><u>Lunch</u> Cheesy Fish Sandwich Veggie Burger* or Pizza* Baked Beans* Salad Bar Fresh Fruit & Chilly Pears</p>	<p style="text-align: center;"><u>Breakfast</u> French Toast Bites Chilly Pears & Orange Juice</p> <p style="text-align: center;"><u>Lunch</u> Saucy Meatballs w/Bosco Stick Bosco Sticks w/ Marinara* or Yogurt Parfait* Steamy Broccoli Salad Bar Fresh Fruit & Chilly Peaches</p>	<p style="text-align: center;"><u>Breakfast</u> Egg Croissant Sandwich Chilly Peaches & Grape Juice</p> <p style="text-align: center;"><u>Lunch</u> Mickey's Pizza* Turkey Ham and Cheese Sandwich Steamy Green Beans Salad Bar Fresh Fruit & Mandarin Oranges</p>	<p style="text-align: center;"><u>Breakfast</u> Dutch Waffle Fresh Orange Wedges & Apple Juice</p> <p style="text-align: center;"><u>Lunch</u> Popcorn Chicken Plant Based Chicken Tenders w/Goldfish or Pizza* Mashed Potatoes w/Gravy Steamy Sweet Corn Fresh Fruit & Chilly Pineapples</p>	<p style="text-align: center;"><u>Breakfast</u> Cini Mini's Fresh Apple Slices & Fruit Punch</p> <p style="text-align: center;"><u>Lunch</u> Beef Nachos Cheesy Nachos* or Yogurt Parfait* Steamy Sweet Peas Fresh Baby Carrots Fresh Fruit & Chilly Mixed Fruit</p>
August 29, 2022	August 30, 2022	August 31, 2022		
<p style="text-align: center;"><u>Breakfast</u> Turkey Sausage Breakfast Pizza Chilly Applesauce& Fruit Punch</p> <p style="text-align: center;"><u>Lunch</u> Soft Shell Chicken Taco Veg Soft Shell Chicken Taco* or Pizza* Steamy Sweet Corn Salad Bar Fresh Fruit & Chilly Pears</p>	<p style="text-align: center;"><u>Breakfast</u> Scrambled Egg w/ Fluffy Biscuit Chilly Pears & Orange Juice</p> <p style="text-align: center;"><u>Lunch</u> Cheeseburger Veggie Burger* or Yogurt Parfait* Baked Beans* Salad Bar Fresh Fruit & Chilly Peaches</p>	<p style="text-align: center;"><u>Breakfast</u> Egg and Cheese Croissant Chilly Peaches & Grape Juice</p> <p style="text-align: center;"><u>Lunch</u> Chicken Alfredo Pasta w/Alfredo* or Cheeseburger Steamy Broccoli Salad Bar Fresh Fruit and Mandarin Oranges</p>		
				
<p>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.</p>	<p>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.</p>	<p>Yogurt Parfait Yogurt topped with fruit 1 Bag Cheese Crackers Granola</p>	<p>Lunch Prices: Student: \$2.75 Reduced Meal \$.40 Adult \$5.00</p>	<p>Any Questions or Concerns please contact Regina Arnold, Food Service Manager rarnold@yorkarcs.org * Denotes Vegetarian Item/Meal</p>