

January

York Academy Regional Charter School

2017

Breakfast Menu

First Choice:

Monday- Mini Pancakes

Tuesday- Apple Frudel (New Item)

Wednesday- Breakfast Sausage Pizza

Thursday- French Toast Sticks w/syrup

Friday- Cinnimini

Breakfast Menu

Second Choice: Mon. - Fri.

Cereal Choice or Graham Snack Muffin String Cheese Yogurt (pick two)

Canned Fruit, Fresh Fruit, Fruit Juice Served Daily (Choose 2 for Breakfast & 1 for Lunch)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 2 HOLIDAY NO SCHOOL | 3 Meatballs in Marinara Sauce Cheesy Breadstick, Yummy Carrots, Fruit, Milk 2nd Choice Turkey & Cheese Day 3 | 4 Saucy Beef Rib-B-Que on Whole Wheat Roll Sweet Potatoes Fruit, Milk 2nd Choice Turkey & Cheese Day 4 | 5 Turkey Corndog Nuggets Homestyle Baked Beans Choice of Fruit Milk 2nd Choice Turkey & Cheese Day 5 | 6 Bagelwich Warm Turkey & Cheese on Bagel, Green Peas Choice of Fruit, Milk 2nd Choice Turkey & Cheese Day 6 |
| 9 Chicken Fries Whole Wheat Dinner Roll Green Beans, Cole Slaw Choice of Fruit, Milk 2nd Choice: Bologna & Cheese Day 1 | 10 Tacos Tomatoes, Lettuce, Cheese, Salsa, Nacho Chips Refried Beans, Fruit, Milk 2nd Choice: Bologna & Cheese Day 2 | 11 Steak & Cheese on Whole Wheat Roll Golden Yellow Corn Choice of Fruit, Milk 2nd Choice: Bologna & Cheese Day 3 | 12 Mickey's Pizza Seasoned Green Beans Choice of Fruit Milk 2nd Choice: Bologna & Cheese Day 4 | 13 EARLY DISMISSAL @12:15 Turkey & Cheese or Turkey & Cheese, Snacks Fresh Fruit, Veggies, Mil 2nd Choice: Bologna & Cheese Day 5 |
| 16 HOLIDAY NO SCHOOL | 17 Shrimp Poppers Cheesy Breadstick, with Marinara Sauce Carrots, Fruit, Milk 2nd Choice: Turkey Ham & Cheese Day 6 | 18 Breakfast for Lunch French Toast with Syrup Sausage Links, Cin. Apples Fruit Juice, Milk 2nd Choice: Turkey Ham & Cheese Day 1 | 19 Chicken Poppers Creamy Mashed Potatoes w/ Gravy, Sweet Corn, Choice of Fruit, Milk 2nd Choice: Turkey Ham & Cheese Day 2 | 20 Saucy Pork Bar-B-Que on Whole Wheat Roll Homestyle Baked Beans Choice of Fruit, Milk 2nd Choice: Turkey Ham & Cheese Day 3 |
| 23 Turkey Hot Dog Whole Wheat Roll Potato Smiles, Mixed Veggies, Choice of Fruit, Milk 2nd Choice: Tuna Salad Sandwich Day 4 | 24 Chicken Fajita Tomato, Cheese, Salsa, Whole Wheat Soft Taco Shell, Bean & Corn Salad, Fruit, Milk 2nd Choice: Tuna Salad Sandwich Day 5 | 25 Fish Treasures Mac & Cheese, Romaine Lettuce Salad Choice of Fruit, Milk, Treat 2nd Choice: Tuna Salad Sandwich Day 6 | 26 *Cheeseburger on Whole Wheat Roll Sweet Green Peas Choice of Fruit, Milk 2nd Choice: Tuna Salad Sandwich Day 1 | 27 Mickey's Pizza Seasoned Green Beans Choice of Fruit Milk 2nd Choice: Tuna Salad Sandwich Day 2 |
| 30 Maxi Cheesesticks with Marinara Sauce Broccoli Choice of Fruit, Milk 2nd Choice Turkey & Cheese Day 3 | 31 Chicken and Gravy Whole Wheat Biscuit Mashed Potatoes with Gravy Fruit, Milk 2nd Choice Turkey & Cheese Day 4 |  | | |

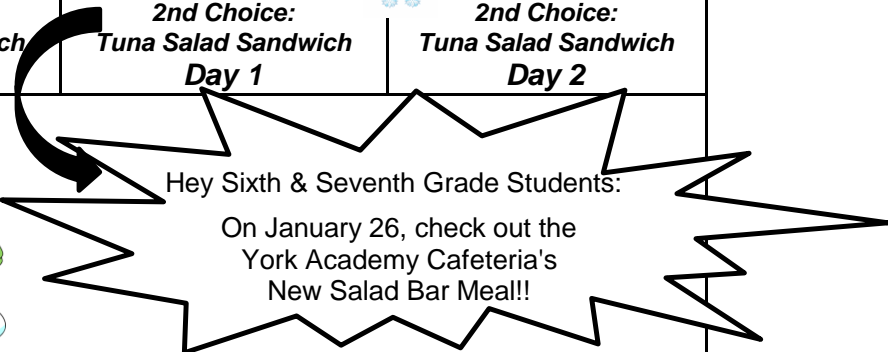
Special Meal
January 26 -
Salad Bar for
6th & 7th Grade
Students

Assorted
Fruits &
Vegetables
Romaine
Salads
Available Daily

Lunch prices:
Regular- \$2.75
Reduced - \$.40
Adults - \$3.75

Breakfast Prices:
Regular- \$1.70

All free and
reduced
students
get free



Hey Sixth & Seventh Grade Students:
On January 26, check out the York Academy Cafeteria's New Salad Bar Meal!!