



York County Middle School December 2018



Week 1	3 Breakfast Burrito Baked Tater Tots Tropical Fruit	4 Spaghetti w/ Meat Sauce & Garlic Bread Steamed Broccoli Diced Pears	5 BBQ Pulled Pork Sandwich Carrot Coins Applesauce	6 Homemade Lasagna with Garlic Roll Steamed Green Beans Mandarin Oranges	7 Soft Shell Taco Refried Beans Diced Peaches
Week 2	10 General Tso's Chicken w/Brown Rice Steamed Broccoli Mandarin Oranges	11 Mini Corn Dogs Steamed Carrots Applesauce	12 Chicken Parmesan over Spaghetti w/roll California Veggies Diced Peaches	13 Southern BBQ Nachos Black Beans Chilled Pears	14 Chicken Bacon Ranch Flatbread Steamed Corn Mixed Fruit
Week 3	17 Sriracha Chicken Nachos Baked Beans Pineapple Tidbits	18 Chicken Alfredo with Garlic Breadstick Steamed Broccoli Mandarin Oranges	19 BRUNCH- French Toast with Sausage & Bacon Baked Tater Tots Diced Peaches	20 NO SCHOOL	21 NO SCHOOL
Week 4	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL
Week 5	31 NO SCHOOL	Sodexo wishes everyone a safe and fun-filled holiday vacation!			

Fast Takes Salad Choices:
 Week 1: Buffalo Chicken Salad w/Roll
 Week 2: BLT Chicken Salad w/Roll
 Week 3: Crispy Chicken Salad w/Roll

All salads are served with a WG Roll
Garden Cheese Salad w/Roll available daily

A variety of fresh, whole, **raw fruits & veggies** are available **every day** they may include Apples, Oranges, Bananas, Carrots, Celery, Broccoli & Cucumbers (*as in season*).

Upper Crust Choices:
 Week 1: Taco Pizza
 Week 2: Meat Lovers
 Week 3: Chicken Bacon Ranch

SP *All pizzas feature whole grain crusts*
Cheese & Pepperoni Daily

Daily Grill Choices:
 Week 1: Max Mex Burger
 Week 2: Spicy Chicken Sandwich
 Week 3: Grilled Chicken Sandwich

Cheeseburger & Chicken Patty Daily

Fresh Fruit & Yogurt Parfait
 Available Daily

Deli Sandwich Choices:
 Week 1: Chicken Ranch Wrap
 Week 2: Italian Sub
 Week 3: Tuna Salad Sub

Turkey and Cheese Sub available everyday

This month's feature is **"Nacho Usual Nachos"**! Check out the specials in red!

Made to Order Deli Bar
 Featuring: Ham, Turkey, and Other Deli Meats
 WG Flatbread, Sub Roll, Wrap, or Sandwich Bread

Meal Definition: 1 meat/meat alternative, 1 bread/grain, 1 servings of fruit, 2 servings of vegetables & 1 low fat or fat free milk. Meals must include at least 3 components and 1 must be a fruit or vegetable.