



# Yorktown High School

## September 2010



**Pasta Bar Lunch**  
 You pick two.  
 Choice of pasta  
 Choice of sauce  
 Includes  
 Fruit, veg, and milk or juice

**Chopped Salad Bar**  
 You pick  
 Choice of  
 Lettuce  
 1 protein  
 3 veggies  
 1 dressing  
 And Home made croutons

<b>13</b> Freshman only Lunch outside	<b>14</b> Ch. Burger Sliders Sweet potatoes fries Green beans	<b>15</b> Sweet & Sour Chicken Brown Rice Sweet peas	<b>16</b> Italian sausage & Peppers On whole grain hero	<b>17</b> B.B.Q. Chicken Mashed Potatoes Sweet corn
<b>20</b> Chicken & Cheese Quesadilla Spicy or teriyaki	<b>21</b> Herb roasted chicken baked sweet potato Garden peas	<b>22</b> Sweet & Sour Chicken Brown Rice Sweet peas	<b>23</b> Meatloaf Roasted potatoes Green & yellow Squash	<b>24</b> Four Foot Hero Lettuce & tom.
<b>27</b> Chili Brown rice Cornbread Black bean relish	<b>28</b> Eggplant Pram Pasta Garden salad	<b>29</b> Sweet & Sour Chicken Brown Rice Sweet peas	<b>30</b> Meatball hero Grated parm Garden salad	

### THE PIZZERIA

Daily grab and Go...

Cheese Pizza / Veggie Pizza

Monday  
White Pizza

Tuesday  
Fresh tomato

Wednesday  
Garlic pizza

Thursday  
Buffalo Chicken  
Pizza

Friday  
Eggplant Pizza

### DELI & GREENS....MADE 2 ORDER

start with a grain  
 breads, bagels, rolls, etc...  
 get some protein  
 meats, turkey  
 find some cheese  
 American, Swiss, cheddar...  
 customize it  
 vegetables, spreads...

Café open after school  
 1:00- 2:00

Grab and go salads tuna, chicken, fruit.

**Wraps Made to Order**

1/2 wraps available Daily

Yogurt, hummus, whole fruit, veggies w/ dip

Panini made to order at the Deli Bar

### Start here! Choose Entrée

**+ Take 2 ....Any 2**

Fresh fruits and veggies galore. Vegetable blends, dessert fruits and station-specific sides make choosing only two a difficult decision.

Low fat and Skim available daily