## **NOVEMBER 2022** CENTRAL YORK HS/MS



LUNCH PRICES Students - \$2.80 Reduced -\$.40 Adults -\$4.10 Milk - \$0.80	Milk is included with each meal: 1% Low Fat Chocolate, 1% Low Fat V Fat Strawberry, 1% Low Fat White or Milk. Alternative Milk Choice: Soy, Lag and Plant Base.	Yanilla, 1% LowJuicesFat Free White**NO PEANctaid,CAFETERIA	**NO PEANUT BUTTER OR PEANUT PRODUCTS WILL BE SERVED IN THE		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Soft Shell Taco's w/Meat & Cheese Lettuce/Tomato Cup Tex Mex Veg Spanish Rice 1 Fruit, Milk	Toasted Cheese Sandwich Tomato Soup WG Crackers Fruit <b>2</b> Milk	Chicken Nuggets Scalloped Potatoes Mixed Vegetable Fruit Milk <b>3</b>	Stromboli Chef Blend Vegetable Fruit Milk <b>4</b>	
Breaded Mozz Cheese Sticks & Meatballs w/Marinara Sauce Baked Beans Fruit, Milk	7 Chicken Tenders Rice Pilaf Carrot Packs Fruit Milk 8	French Toast Sticks *Sausage Links Hash Brown Juice Cup Milk 9	Cheese Steak Sandwich Pierogies Steamed Broccoli Fruit Milk 10	EARLY DISMISSAL Deli Sandwich Baked Lays Chips Carrot Packs Paradise Punch Fruit Cup, Milk	
Hot Dog Tater Tots Glazed Carrots Fruit Milk 14	Holiday Meal Turkey & Gravy, Stuffing Corn, Mashed Potatoes or Sweet Potatoes, WG Roll Cranberry Relish Fruit, Milk, Ice Cream	Grilled Chicken Sandwich 3 Cheese Cavatappi California Blend Veg Fruit Milk	Walk Away Taco w/ Meat & Cheese Lettuce/Tomato Cup Spanish Rice Ranchero Beans Fruit, Milk <b>17</b>	Deep Dish Pizza Green Beans Fruit Milk 18	
Nacho Dippers w/Cheddar or Queso Cheese Salsa/Sour Cream Seasoned Black Beans Fruit, Milk	Baked Mac & Cheese w/Toppings Peas Pretzel Rod Fruit Milk <b>22</b>	NO SCHOOL	NO SCHOOL	NO SCHOOL	
NO SCHOOL	French Bread Pizza Green Beans Fruit Milk 8 29	Chicken & Cheese Quesadilla Fiesta Rice Corn Fruit Milk <b>30</b>			