High School Lunch Menu

October 2026

Paid Lunch $3.25
Milk $0.60

Reduced Lunch ~~$0.40~~ FREE

Adult Lunch $4.50

Daily milk choices include non-fat (flavored and unflavored) or 1 % milk (unflavored). - - - Whole Grain = WG

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cheeseburger Baked French Fries Asst. Fruit	2 Cheese Quesadilla Tossed Italian Salad Fresh Apple
5 Stromboli Fiesta Beans Apricots	6 Hot Hambo on Pretzel Roll Parmesan Carrot Fries Mixed Berry Cup	7 Popcorn Chicken Baked Curly Fries Pears	8 BBQ Cheddar Meatball Bo Dinner Roll Mixed Veggies Strawberry Applesauce Cup	9 Big Daddy's Pizza Tossed Italian Salad Fresh Orange
12 Grilled Cheese Tomato Soup Steamed Carrots Fresh Pear	13 French Toast Sticks Sausage Patty Smiley Fries Blue-Raspberry Lemon Ice	14 Mac -n- Cheese Stewed Tomatoes Peas Mandarin Oranges	15 Mickey's Pizza Black Bean and Cucumber Salad Apple Crisp Chips	16 Farmers Fair No School
19 **Teacher In-Service** **No School**	20 Chicken Nuggets Mashed Potatoes Green Beans Peaches	21 **Apple Crunch Day** Hot Dog on Roll Baked Beans Fresh Apple 	22 Chef Salad (Ham, Salami, Pepperoni, and Diced Egg) Garlic Breadstick Pineapple Tidbits	23 Pizza Sticks w/ Dipping Sce Fresh Broccoli w/ Dip Fresh Orange
26 Cheeseburger Tortilla Salad Baked French Fries Asst. Fruit	27 Pasta w/ Meatballs Texas Garlic Toast Romano Blend Veggies Pear Cup	28 Italian Chicken Griller Oven Roasted Broccoli Apricots	29 4X6 Pizza Carrot Sticks w/ Dip Fresh Apple	30 **Early Dismissal** **No Lunch**

Parents/Guardians - Important Reminder

The Temporary Grace Period for Last Years Free and Reduced Meal Benefits Expires on <u>October 7, 2026</u>

If you have not filled out a new application for this year or received confirmation of benefits from the District, you are strongly encouraged to do so. All expired benefits will be changed to Full Pay if a new application is not received be the end of the 30 day grace period. Parents/Guardians with questions or in need of assistance can contact Scott Shedlock, Food Service Director at 717-432-8691 Ext. 1111 or at sshedlock@northernyork.org

"Regular" Meal Information:

To receive a complete meal for the Paid price of $3.25, Reduced Price or for Free you must choose at least 3 of the 5 components of a "Regular Lunch" :

- ***Grain***
- ***Meat or Meat Alt.***
- ***Fruit or Fruit Juice***
- ***Vegetable***
- ***Milk***

Students may take all 5 components if they choose!!

Federal Regulations require that <u>at least one of the component choices must be a fruit or vegetable.</u>