

Yellow Springs Middle/High School Lunch Menu



Food Service Director: Michelle Martin
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The Grille

Breaded Chicken Sandwich
 Cheeseburger on a Bun
 Spicy Chicken Sandwich
 Vegetarian Burger on a Bun

The Garden

Chicken Caesar Salad
 Garden Salad with Cheese
 Chef Salad
 Breaded Chicken Salad

The Pizzeria

CHOICES CHANGE DAILY:
 Hot Buffalo Chicken Pizza
 Mexican Pizza
 Pepperoni Pizza
 Mozzarella Cheese Pizza
 California Chicken Bacon Ranch Pizza
 Broccoli & Cheese Pizza

Grab & Go

A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!

Options

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Oven Baked Chicken Mashed Potatoes WG Dinner Roll Sliced Peaches Low-Fat Milk	2. Breakfast for Lunch WG Pancakes w/ Syrup Sausage Patties Hash Brown Rounds 100% Fruit Juice Low-Fat Milk	3 Hot Wing Hoagie Seasoned Carrots Chilled Apple Sauce Low-Fat Milk	4 Italian Dunkers Marinera Sauce Caesar Salad Chilled Pears Low-Fat Milk
	7 Breaded Chicken Strips Dinner Roll Steamed Carrot Coins Chilled Pears Low-Fat Milk	8 Ham and Potato Casserole WG Dinner Roll Diced Peaches Low-Fat Milk	9 Teriyaki Chicken over Rice Oriental vegetables Dinner Roll Applesauce Low-Fat Milk	10 Pasta with Meatballs Marinera Sauce Garlic Breadstick Mixed Fruit Low-Fat Milk
14 Chili Cheese Dogs Steamed Green Beans Mixed Fruit Low-Fat Milk	15 Chicken Nuggets Dinner Roll Buttered Corn Peaches Low-Fat Milk	16 Burrito Bowl Seasoned Chicken, Black Beans, Corn Salsa, Seasoned Rice Dinner Roll Mandarin Oranges. Low-Fat Milk	17 Salisbury Steak with Gravy WG Dinner Roll Mashed Potatoes Pineapple Tidbits Low-Fat Milk	18 Turkey Broccoli Cheddar Pocket. Garden Salad with Reduced Fat Dressing Chilled Applesauce Low-Fat Milk
21 Corndog Nuggets Dinner Roll Steamed Carrots Mixed Fruit Low-Fat Milk	22 Broken Taco with Seasoned Beef & Cheese Santé Fe Rice Refried Beans Pineapple Tidbits Low-Fat Milk	23 Meatball Hoagie with Shredded Cheese Oven Baked Potato Orange Smiles Low-Fat Milk	24 Chicken Broccoli Alfredo Garlic Bread stick Cesar Salad Mandarin oranges Low-Fat Milk	25 Cheeseburger Pinwheel Sweet potato fries Apple Sauce Low-Fat Milk
28 French Onion Chicken Sandwich Seasoned Carrots Sliced Peaches Low-Fat Milk	29 Popcorn Chicken Bowl Breaded Chicken, Mashed Potatoes, Corn, Gravy Dinner Roll Diced Pears Low-Fat Milk	30 Bacon Cheese Burger on bun Baked Beans Fruited Gelatin Low-Fat Milk	31 Happy Halloween! Baked Potato Bar Chili, Cheese Sauce, Steamed Broccoli Dinner Roll Applesauce Low-Fat Milk Holiday Treat	

The Deli

Spicy Italian Hoagie
 Buffalo Chicken
 Oven Roasted Turkey and Cheese
 Ham & Cheese
 Tuna Salad

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

*Vegetable Bar includes:

*Fruits include:

Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber

Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce

Milk

Milk Choices Offered Daily:
 1% white, non-fat white, non-fat flavored

Proud to manage your food service program

Lunch Prices: Paid \$3.00 Reduced \$4.40

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE