

THIS WEEK'S WORLD OF FLAVOR CELEBRATES THE CULTURE AND CUISINE OF HEAT AROUND THE WORLD.



EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

FAST TAKES

**IN A HURRY,
NO WORRY!**

OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese or Ham and Cheese



Fresh Baked Bread Offered Daily with Salad

CHECK THIS OUT!

Jerk chicken salad or wrap with spicy citrus chicken and pineapple slaw.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

OTHER DAILY OPTIONS

Seasoned Flaked Tuna or Hummus

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

TRY THIS ONE!

Jerk chicken salad or wrap with spicy citrus chicken and pineapple slaw.

GRILL

EVERYDAY SELECTIONS

Classic Cheeseburger
Crispy Chicken Sandwich

Monday Crispy Fish Sandwich

Tuesday Rib-B-Que

Wednesday Toasted Cheese

Thursday Chicken Tender Sandwich

Friday Bacon Cheeseburger

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Offered with Veggie Sticks or French Fries

PIZZA

EVERYDAY SELECTIONS

Pepperoni Pizza
Cheese Pizza

Offered with Toasted Garlic Caesar Salad

DAILY PASTA OPTIONS

Home-style Alfredo Mac



Fresh Baked Bread Offered Daily with Pasta

SHAKE IT UP!

Jerk chicken pizza topped with jalapeños, cilantro and Jamaican fusion sauce.

This week in GLOBAL



Choice of: Tortilla Chips, 6" & 10" Tortilla, Cilantro Lime Rice or Taco Salad Bowl

EVERYDAY SELECTIONS

Taco Beef or Cheddar Cheese Sauce

Monday Carnitas served with Refried Beans or Aztec Corn

Tuesday Fajita Chicken served with Mexican Black Beans or Aztec Corn

Wednesday Carnitas served with Refried Bean or Aztec Corn

Thursday Fajita Chicken served with Black Beans or Aztec Corn

Friday Carnitas served with Refried Beans or Aztec Corn

KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

Chipotle Lime

Mayonnaise blended with chipotle and adobo sauces, fresh cilantro, lime juice, honey, garlic, and yellow mustard.

Jamaican Fusion

A creamy buttermilk ranch dressing infused with orange and lime juices and jerk seasoning.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.



This week in

ADVENTURE **Summers**

PICK ONE!

Crispy Chicken Tenders
or
Herb Roasted Chicken

ADD ONE!

Freshly Baked Biscuit
or
Toasted Waffle

CHOOSE ONE!

Mashed Potatoes and Gravy
Tater Tot Hash
or
Roasted Green Beans

FEBRUARY 4TH- 8TH

LANCASTER HIGH SCHOOL

Additional nutrition information available upon request.

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EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

FAST TAKES

**IN A HURRY,
NO WORRY!**

OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese or Ham and Cheese



Fresh Baked Bread Offered Daily with Salad

CHECK THIS OUT!

Spicy muffaletta salad or sub on a zesty pepper roll with turkey, turkey ham, and jalapeño olive relish.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

OTHER DAILY OPTIONS

Seasoned Flaked Tuna or Hummus

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

TRY THIS ONE!

Spicy muffaletta salad or sub on a zesty pepper roll with turkey, turkey ham, and jalapeño olive relish.

GRILL

EVERYDAY SELECTIONS

Classic Cheeseburger
Crispy Chicken Sandwich

Monday Taco Joe

Tuesday Cordon Bleu

Wednesday Pulled BBQ

Thursday Ninja Burger

Friday Chicken Parmesan

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Offered with Veggie Sticks or French Fries

PIZZA

EVERYDAY SELECTIONS

Pepperoni Pizza
Cheese Pizza

Offered with Toasted Garlic Caesar Salad

DAILY PASTA OPTIONS

Baked Penne Pasta



Fresh Baked Bread Offered Daily with Pasta

SHAKE IT UP!

Chorizo sausage pizza topped with chorizo sausage, red bell peppers, green onions and chipotle lime sauce.

This week in GLOBAL



Choice of: Tortilla Chips, 6" & 10" Tortilla, Cilantro Lime Rice or Taco Salad Bowl

EVERYDAY SELECTIONS

Taco Beef or Cheddar Cheese Sauce

Monday Carnitas served with Refried Beans or Aztec Corn

Tuesday Fajita Chicken served with Mexican Black Beans or Aztec Corn

Wednesday Carnitas served with Refried Bean or Aztec Corn

Thursday Fajita Chicken served with Black Beans or Aztec Corn

Friday Carnitas served with Refried Beans or Aztec Corn

KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

Chipotle Lime

Mayonnaise blended with chipotle and adobo sauces, fresh cilantro, lime juice, honey, garlic, and yellow mustard.

Jamaican Fusion

A creamy buttermilk ranch dressing infused with orange and lime juices and jerk seasoning.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.



This week in

ADVENTURE **Summers**

PICK ONE!

Crispy Chicken Tenders
or
Herb Roasted Chicken

ADD ONE!

Freshly Baked Biscuit
or
Toasted Waffle

CHOOSE ONE!

Mashed Potatoes and Gravy
Tater Tot Hash
or
Roasted Green Beans

FEBRUARY 11TH - 15TH

LANCASTER HIGH SCHOOL

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EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

FAST TAKES

**IN A HURRY,
NO WORRY!**

OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese or Ham and Cheese



Fresh Baked Bread Offered Daily with Salad

CHECK THIS OUT!

Jalapeño lime chicken salad or wrap with diced bell peppers, pico de gallo and cheddar cheese.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

OTHER DAILY OPTIONS

Seasoned Flaked Tuna or Hummus

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

TRY THIS ONE!

Jalapeño lime chicken salad or wrap with diced bell peppers, pico de gallo and cheddar cheese.

GRILL

EVERYDAY SELECTIONS

Classic Cheeseburger
Crispy Chicken Sandwich

Monday Crispy Fish Sandwich

Tuesday Rib-B-Que

Wednesday Toasted Cheese

Thursday Chicken Tender Sandwich

Friday Bacon Cheeseburger

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Offered with Veggie Sticks or French Fries

PIZZA

EVERYDAY SELECTIONS

Pepperoni Pizza
Cheese Pizza

Offered with Toasted Garlic Caesar Salad

DAILY PASTA OPTIONS

Home-style Cheddar Mac



Fresh Baked Bread Offered Daily with Pasta

SHAKE IT UP!

Jalapeño lime chicken pizza topped with pico de gallo, cheddar cheese and chipotle lime sauce.

This week in GLOBAL



Choice of: Tortilla Chips, 6" & 10" Tortilla, Cilantro Lime Rice or Taco Salad Bowl

EVERYDAY SELECTIONS

Taco Beef or Cheddar Cheese Sauce

Monday Carnitas served with Refried Beans or Aztec Corn

Tuesday Fajita Chicken served with Mexican Black Beans or Aztec Corn

Wednesday Carnitas served with Refried Bean or Aztec Corn

Thursday Fajita Chicken served with Black Beans or Aztec Corn

Friday Carnitas served with Refried Beans or Aztec Corn

KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

Chipotle Lime

Mayonnaise blended with chipotle and adobo sauces, fresh cilantro, lime juice, honey, garlic, and yellow mustard.

Jamaican Fusion

A creamy buttermilk ranch dressing infused with orange and lime juices and jerk seasoning.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.



This week in ADVENTURE



EVERYDAY

Chicken Tenders

Monday Homestyle Mac & Cheese served with an Herbed Breadstick and your choice of Citrus Glazed Carrots or Roasted Zucchini

Tuesday Shepherds Pie served with a Dinner Roll and your choice of Roasted Broccoli and Cauliflower or a Side Caesar Salad

Wednesday Sliced Turkey and Gravy served with a Dinner Roll and your choice of Mashed Potatoes or Green Beans

Thursday Spaghetti and Meatballs served with an Herbed Breadstick and your choice of Roasted Broccoli and Cauliflower or a Side Caesar Salad

Friday Frito Chili Pie served with Black Beans or Aztec Corn

FEBRUARY 18TH - 22ND

LANCASTER HIGH SCHOOL

Additional nutrition information available upon request.

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EXTRAS

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

FAST TAKES

**IN A HURRY,
NO WORRY!**

OFFERED DAILY

Chef Salad, Chicken Caesar Wrap, Turkey and Cheese or Ham and Cheese



Fresh Baked Bread Offered Daily with Salad

CHECK THIS OUT!

Cranked up tandoori chicken salad or sub on a zesty pepper roll with cranberry slaw, diced tomatoes and diced cucumbers.

DELI

EVERYDAY SELECTIONS

Custom Subs with a Variety of Cheeses, Fresh Baked Breads and Premium Sauces

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

OTHER DAILY OPTIONS

Seasoned Flaked Tuna or Hummus

TRY THIS ONE!

Cranked up tandoori chicken salad or sub on a zesty pepper roll with cranberry slaw, diced tomatoes and diced cucumbers.

GRILL

EVERYDAY SELECTIONS

Classic Cheeseburger
Crispy Chicken Sandwich

Toppings

Shredded Lettuce
Sliced Tomatoes
Sliced Red Onion
Jalapeños
Pickles

Monday Taco Joe

Tuesday Cordon Bleu

Wednesday Pulled BBQ

Thursday Ninja Burger

Friday Chicken Parmesan

Offered with Veggie Sticks or French Fries

PIZZA

EVERYDAY SELECTIONS

Pepperoni Pizza
Cheese Pizza

Offered with Toasted Garlic Caesar Salad

DAILY PASTA OPTIONS

Spaghetti & Meat Sauce



Fresh Baked Bread Offered Daily with Pasta

SHAKE IT UP!

Tandoori chicken pizza topped with jalapeños, bell peppers and creamy sriracha sauce.

This week in GLOBAL



Choice of: Tortilla Chips, 6" & 10" Tortilla, Cilantro Lime Rice or Taco Salad Bowl

EVERYDAY SELECTIONS

Taco Beef or Cheddar Cheese Sauce

Monday Carnitas served with Refried Beans or Aztec Corn

Tuesday Fajita Chicken served with Mexican Black Beans or Aztec Corn

Wednesday Carnitas served with Refried Bean or Aztec Corn

Thursday Fajita Chicken served with Black Beans or Aztec Corn

Friday Carnitas served with Refried Beans or Aztec Corn

KICK IT UP A NOTCH

By adding one of our World of Flavor specialty sauces.

Chipotle Lime

Mayonnaise blended with chipotle and adobo sauces, fresh cilantro, lime juice, honey, garlic, and yellow mustard.

Jamaican Fusion

A creamy buttermilk ranch dressing infused with orange and lime juices and jerk seasoning.

Creamy Sriracha

Mayonnaise infused with spicy sriracha chili sauce.

Garlic Parmesan

Mayonnaise blended with grated Parmesan cheese, mustard, garlic and creamy Greek yogurt.



This week in ADVENTURE



EVERYDAY

Chicken Tenders

Monday Homestyle Mac & Cheese served with an Herbed Breadstick and your choice of Citrus Glazed Carrots or Roasted Zucchini

Tuesday Shepherds Pie served with a Dinner Roll and your choice of Roasted Broccoli and Cauliflower or a Side Caesar Salad

Wednesday Sliced Turkey and Gravy served with a Dinner Roll and your choice of Mashed Potatoes or Green Beans

Thursday Spaghetti and Meatballs served with an Herbed Breadstick and your choice of Roasted Broccoli and Cauliflower or a Side Caesar Salad

Friday Frito Chili Pie served with Black Beans or Aztec Corn

FEBRUARY 25TH - MARCH 1ST

LANCASTER HIGH SCHOOL

Additional nutrition information available upon request.