

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



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!

Chicken fajita salad or sub on jalapeño roll with cheddar cheese and roasted peppers and onions.

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!

Chicken fajita salad or sub on jalapeño roll with cheddar cheese and roasted peppers and onions.

GRILL

EVERYDAY SELECTIONS

Classic Cheeseburger
Crispy Chicken Sandwich

Toppings

- Shredded Lettuce
- Sliced Tomatoes
- Sliced Red Onion
- Jalapeños
- Pickles

Monday Crispy Fish Sandwich

Tuesday Rib-B-Que

Wednesday Toasted Cheese

Thursday Chicken Tender Sandwich

Friday Bacon Cheeseburger

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!

Chicken fajita pizza topped with roasted peppers and onions and pico 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.

Cilantro Lime Creama

A blend of mayonaise and creamy Greek yogurt infused with lime juice and freshly chopped cilantro.

Pico Sauce

Fresh house made salsa combined with diced Tomatoes, lime juice, freshly chopped cilantro and Mexican seasonings.

Creamy Sriracha

Mayonnaise infused with spicy sriraha chili sauce.

Garlic Parmesan

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



This week in **ADVENTURE**



EVERYDAY

Monday Chicken Potato Bowl w/ Breadstick

Tuesday Chicken Parmesan w/ Breadstick

Wednesday Roasted Chicken w/ Roll

Thursday Frito Chili Pie

Friday Chicken Fried Steak w/ Roll

JAN. 8TH - 18TH

LANCASTER HIGH SCHOOL

Additional nutrition information available upon request.

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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!

Chicken fajita salad or sub on jalapeño roll with cheddar cheese and roasted peppers and onions.

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!

Chicken fajita salad or sub on jalapeño roll with cheddar cheese and roasted peppers and onions.

GRILL

EVERYDAY SELECTIONS

Classic Cheeseburger
Crispy Chicken Sandwich

Toppings

- Shredded Lettuce
- Sliced Tomatoes
- Sliced Red Onion
- Jalapeños
- Pickles

Monday Crispy Fish Sandwich

Tuesday Rib-B-Que

Wednesday Toasted Cheese

Thursday Chicken Tender Sandwich

Friday Bacon Cheeseburger

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!

Chicken fajita pizza topped with roasted peppers and onions and pico 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.

Cilantro Lime Creama

A blend of mayonaise and creamy Greek yogurt infused with lime juice and freshly chopped cilantro.

Pico Sauce

Fresh house made salsa combined with diced Tomatoes, lime juice, freshly chopped cilantro and Mexican seasonings.

Creamy Sriracha

Mayonnaise infused with spicy sriraha chili sauce.

Garlic Parmesan

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



This week in **ADVENTURE**



EVERYDAY

Monday Chicken Potato Bowl w/ Breadstick

Tuesday Chicken Parmesan w/ Breadstick

Wednesday Roasted Chicken w/ Roll

Thursday Frito Chili Pie

Friday Chicken Fried Steak w/ Roll

JAN. 8TH - 11TH

LANCASTER HIGH SCHOOL

Additional nutrition information available upon request.

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



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!

Huevos rancheros salad or wrap with refried beans, diced eggs, salsa roja and cheddar cheese.

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!

Huevos rancheros salad or wrap with refried beans, diced eggs, salsa roja and cheddar cheese.

GRILL

EVERYDAY SELECTIONS

Classic Cheeseburger
Crispy Chicken Sandwich

Toppings

- Shredded Lettuce
- Sliced Tomatoes
- Sliced Red Onion
- Jalapeños
- Pickles

Monday Crispy Fish Sandwich

Tuesday Rib-B-Que

Wednesday Toasted Cheese

Thursday Chicken Tender Sandwich

Friday Bacon Cheeseburger

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!

Huevos rancheros pizza topped with refried beans, diced eggs and pico 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.

Cilantro Lime Creama

A blend of mayonaise and creamy Greek yogurt infused with lime juice and freshly chopped cilantro.

Pico Sauce

Fresh house made salsa combined with diced Tomatoes, lime juice, freshly chopped cilantro and Mexican seasonings.

Creamy Sriracha

Mayonnaise infused with spicy sriraha chili sauce.

Garlic Parmesan

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



This week in ADVENTURE



EVERYDAY

Toasted Cheese Sandwich

Monday Jersey Shore Grilled Cheese

Tuesday California Grilled Cheese

Wednesday Wisconsin Grilled Cheese

Thursday Southwest Grilled Cheese

Friday Caprese Grilled Cheese

Add Your Choice of
Seasoned Potato Wedges,
a Side Garden Salad
or Hearty Tomato Soup

JAN. 21ST - 25TH

LANCASTER HIGH SCHOOL

Additional nutrition information available upon request.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs on the basis of race, color, national origin, sex, religion, age, disability, or public benefits, except when such action is justified by a bona fide occupational qualification. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should go to the USDA's TARGET Center at (202)720-2600 (voice and TDD), or its compliance office, USDA, Office of Civil Rights, Room 326 W. White Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 (voice and TDD). USDA is an equal opportunity provider and employer.

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



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!



Mexican chicken tinga salad or sub on a jalapeño roll with cheddar cheese, black bean and corn salsa and shredded carrots.

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!

Mexican chicken tinga salad or sub on a jalapeño roll with cheddar cheese, black bean and corn salsa and shredded carrots.

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!

Mexican chicken tinga pizza topped with black bean and corn salsa and cilantro lime crema.

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.

Cilantro Lime Crema

A blend of mayonaise and creamy Greek yogurt infused with lime juice and freshly chopped cilantro.

Pico Sauce

Fresh house made salsa combined with diced Tomatoes, lime juice, freshly chopped cilantro and Mexican seasonings.

Creamy Sriracha

Mayonnaise infused with spicy sriraha chili sauce.

Garlic Parmesan

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



This week in **ADVENTURE**



EVERYDAY

Toasted Cheese Sandwich

Monday Jersey Shore Grilled Cheese

Tuesday California Grilled Cheese

Wednesday Wisconsin Grilled Cheese

Thursday Southwest Grilled Cheese

Friday Caprese Grilled Cheese

Add Your Choice of
Seasoned Potato Wedges,
a Side Garden Salad
or Hearty Tomato Soup

JAN. 28TH - FEB 1ST

LANCASTER HIGH SCHOOL

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