

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!

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.

# WORLD OF FLAVOR TASTE

by **sodexo**

### 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



### CHOOSE YOUR TATER

Broccoli and Cheese, Old-School-The Works,  
Southwest Taco, Turkey and Gravy, Veggie  
Chili and Cheese or Customer's Choice

### TOP IT OFF!

Green Onion  
Sour Cream  
Cheddar Cheese  
Bacon Crumbles

Served with a Fresh Baked Dinner Roll

OCT. 1-5, 2018

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

### OTHER DAILY OPTIONS

Seasoned Flaked Tuna or Hummus

### Toppings

Shredded Lettuce  
Sliced Tomatoes  
Sliced Red Onion  
Jalapeños  
Pickles

### 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

**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

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.



# WORLD OF FLAVOR TASTE

by **sodexo**

### 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



### Crispy Chicken Tenders

Served with Garlic Knots  
and your choice of  
French Fries or Carrot and Celery Sticks

Sauce Choices

**Monday** Classic BBQ, Sriracha Ranch  
or Maple Mustard

**Tuesday** Buffalo, Tangy Orange or  
Asian Sweet Chili

**Wednesday** Classic BBQ, Sriracha Ranch  
or Maple Mustard

**Thursday** Buffalo, Tangy Orange or  
Asian Sweet Chili

**Friday** Classic BBQ, Sriracha Ranch  
or Maple Mustard

OCT. 8-12, 2018

LANCASTER HIGH SCHOOL

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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

**OTHER DAILY OPTIONS**

Seasoned Flaked Tuna or Hummus

**Toppings**

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

**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

**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!**

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

**WORLD OF FLAVOR**

by **sodexo**



**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, fresh 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** *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

OCT. 15-19, 2018

LANCASTER HIGH SCHOOL

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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!**

Green chili chicken salad or sub jalapeño roll with cheddar cheese and pico de gallo.

**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!**

Green chili chicken salad or sub jalapeño roll with cheddar cheese and pico de gallo.

**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!**

Green chili chicken pizza topped with pico de gallo and cilantro lime crema .

**TASTE**

by **sodexo**

**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, fresh 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**

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 Bocoli 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

OCT. 22-26 , 2018

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!**

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

Offered with Veggie Sticks or French Fries

**Thursday** Chicken Tender Sandwich

**Friday** Bacon Cheeseburger

**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.

**TASTE**

by **sodexo**

**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, fresh 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**

Breakfast Tacos

**Monday** Biscuit and Sausage Gravy

**Tuesday** Chorizo Burrito

**Wednesday** Waffle Stacker

**Thursday** Breakfast Burger

**Friday** French Toast Sticks with Breakfast Sausage

**PICK A SIDE!**

Tater Tot Hash or Baked Cinnamon Apples

**TOP IT OFF!**

Cheddar Cheese, Sour Cream, Pico De Gallo, Jalapeños

OCT. 29- NOV. 2, 2018

LANCASTER HIGH SCHOOL

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