

Meal Prices

Student Lunch	\$3.25
Premium Lunch	\$4.00
Red. Lunch	\$.40
Adult Lunch	\$4.50

Conestoga High School Lunch Menu December 2015

Register at www.paypams.com for FREE! View your child's account balance, account statement & receive low balance email notifications! Deposits made on-line will incur a \$1.95 fee. All other services are free.

Day	Date	ENTRÉE	SIDES
T	12/1	Lasagna Roll-ups w/Spaghetti Sauce	Green Beans, Tossed Salad, Pineapple, Chilled Pineapple
W	12/2	General Tso's Chicken over Noodles	Stir Fry Vegetables, Broccoli, Orange, Applesauce
TH	12/3	Italian Hoagie with Lettuce & Tomato	Fresh Cucumber Slices, Black Bean Salad, Fresh Banana, Chilled Pears
F	12/4	Chicken & Broccoli Alfredo Over Noodles	Tossed Salad, Fresh Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit

M	12/7	Italian Sausage Sandwich with Sautéed Onions & Gr Peppers, Tomato Salad, Carrot Coins, Fresh Apple, Pears	
T	12/8	Stuffed Shells with Spaghetti Sauce	Green Beans, Fresh Baby Carrots w/Dip, Fresh Banana, Chilled Pears
W	12/9	Soft Beef Taco w/Lettuce, Tomato, Salsa, Cheese	Black Beans, Corn, Fresh Apple, Peaches
TH	12/10	Chicken Cacciatore over Penne Pasta	Tossed Salad, Fresh Carrot Sticks, Fresh Red Grapes, Mixed Fruit
F	12/11	Pizza Dippers with Hot Marinara Sauce	Green Beans, Fresh Salad, Pineapple Chunks, Apple Slices

M	12/14	Cheese Steak with Fried Onions & Sauce	Fresh Baby Carrots, Sliced Cucumber, Fresh Banana, Chilled Pears
T	12/15	BBQ Chicken Wings	Seasoned Baked Beans, Peas, Fresh Chilled Apple, Peaches
W	12/16	Quarter Pound Chili Dog,	Pasta Salad, Corn, Peaches, Pineapple Tidbits
TH	12/17	Breaded Baked Chicken	Mashed Potatoes, Broccoli, Fresh Orange, Chilled Mixed Fruit
F	12/18	Hot Roast Beef Sandwich w/Provolone on a Kaiser	Tossed Salad, Fresh Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit

M	12/21	Chicken Tenders with Dipping Sauce	Mashed Potatoes, Baby Carrots w/Dip, Fresh Banana, Diced Pears
T	12/22	Meatball Sandwich on a Roll w/ Mozzarella Cheese	Tossed Salad, Seasoned Peas, Fresh Apple, Chilled Peaches
W	12/23	Grilled Cheese & Tomato Sandwich	Tomato Soup, Steamed Broccoli, Fresh Orange, Applesauce

TH 12/24
F 12/25

WINTER RECESS



Grill
Cheeseburger, Grilled Chicken, Chicken Patty, Vegetarian Burgers (Available on White and Whole Wheat Buns)



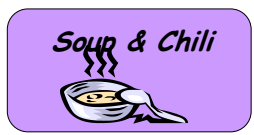
Deli Bar
Ham, Turkey, Roast Beef, Tuna Salad, Chicken Salad, Hot & Spicy Ham, Salami, 3 Cheeses and Assorted Bread and Kaiser Rolls



Greens
Traditional Salad Bar and Specialty Salad Bar



Pasta Bar
Two Pasta's and Two Sauces Available Daily



Soup & Chili
Two Soups and/or Chili Daily



Pizza
Mickey's Cheese Pizza Plus One Daily Special



Express
Premade Salads, Wraps, Deli Sandwiches

Point of Sale payments can be made by check or cash. Please include your child's name and pin # with all pre-payments. You may also pay online at www.paypams.com. PayPams registration is FREE giving you access to account balances and statements. PayPams charges \$1.95 transaction fee for deposits made online, but all other services are free.

8oz 1% White Milk, Non-fat White Milk and Non-fat Chocolate Milk included with all Meals