

Meal Prices

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

Conestoga High School Lunch Menu February 2016

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

M	2/1	Lasagna Roll-ups w/Spaghetti Sauce	Green Beans, Tossed Salad, Peaches, Fresh Apple
T	2/2	General Tso's Chicken over Noodles	Stir Fry Vegetables, Broccoli, Fresh Orange, Applesauce
W	2/3	Burrito Bowl (Rice, Seasoned Chicken, Lettuce, Tomato, Black Beans and Salsa) Corn, Peaches, Pears	
TH	2/4	Italian Hoagie with Lettuce & Tomato	Fresh Cucumber Slices, Black Bean Salad, Fresh Banana, Chilled Pears
F	2/5	Chicken & Broccoli Alfredo Over Noodles	Tossed Salad, Fresh Carrot Sticks, Peaches, Apple Slices

M	2/8	Italian Sausage Sandwich with Sautéed Onions & Gr Peppers, Tomato Salad, Diced Carrots, Fresh Apple, Pears	
T	2/9	Stuffed Shells with Meatsauce	Green Beans, Fresh Baby Carrots w/Dip, Fresh Banana, Chilled Peaches
W	2/10	Soft Beef Taco w/Lettuce, Tomato, Salsa, Cheese	Black Beans, Corn, Applesauce, Pears
TH	2/11	Pizza Dippers with Hot Marinara Sauce	Tossed Salad, Diced Carrots, Fresh Red Grapes, Mixed Fruit
F	2/12	Chicken Cacciatore over Penne Pasta	Green Beans, Fresh Salad, Peaches, Apple Slices

M	2/15	NO SCHOOL	
T	2/16	BBQ Chicken Wings	Seasoned Baked Beans, Peas, Fresh Chilled Apple, Peaches
W	2/17	Pulled Pork Sandwich	Pasta Salad, Corn, Peaches, Pears
TH	2/18	Oven Roasted Chicken	Mashed Potatoes, Broccoli, Fresh Orange, Apple Slices
F	2/19	Cheese Steak with Fried Onions & Sauce	Tossed Salad, Diced Carrots, Fresh Grapes, Chilled Applesauce

M	2/22	Chicken Tenders with Dipping Sauce	Mashed Potatoes, Baby Carrots w/Dip, Fresh Banana, Diced Pears
T	2/23	Meatball Sandwich on a Roll w/ Mozzarella Cheese	Tossed Salad, Seasoned Corn, Fresh Apple, Chilled Peaches
W	2/24	Grilled Cheese & Tomato Sandwich	Tomato Soup, Steamed Broccoli, Fresh Orange, Applesauce
TH	2/25	Spaghetti w/Meatsauce	Corn, Tossed Salad, Pineapple, Chilled Apple Slices
F	2/26	Chicken Parmesan on a Kaiser Roll	Seasoned Green Beans, Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit
M	2/29	Chicken Fajita with Peppers and Onions and Fixings	Corn, Applesauce, Pears



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