

Meal Prices

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

Conestoga High School Lunch Menu JANUARY

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.

M	1/2	NO SCHOOL
T	1/3	Spaghetti w/Meatballs, Tossed Salad, Seasoned Green Beans, Applesauce, Orange
W	1/4	Bacon Cheese Burger on a Kaiser Roll, Steamed Corn, Fresh Apple, Chilled Peaches
TH	1/5	Meatball Parmesan Sandwich on a Sub, Seasoned Steamed Carrots, Cucs w/dip, Pears, Fresh Apple
F	1/6	Toasted Cheese with Tomato Soup, Steamed Corn, Fresh Orange, Chilled Peaches

M	1/9	Chicken Tenders with Dipping Sauce Mashed Potatoes, Baby Carrots w/Dip, Fresh Banana, Diced Pears
T	1/10	Pizza Dippers with Hot Marinara Sauce, Green Beans, Fresh Salad, Pineapple Chunks, Apple Slices
W	1/11	Cheese Steak with Fried Onions & Sauce, Fresh Baby Carrots, Sliced Cucumber, Fresh Banana, Chilled Pears
TH	1/12	Soft Beef Taco w/Lettuce, Tomato, Salsa, Cheese, Black Beans, Corn, Fresh Apple, Pears
F	1/13	General Tso's Chicken over Noodles, Stir Fry Vegetables, Broccoli w/dip, Mixed Fruit, Applesauce

M	1/16	NO SCHOOL
T	1/17	BBQ Chicken Wings, Seasoned Baked Beans, Peas, Fresh Chilled Apple, Peaches
W	1/18	Quarter Pound Chili Dog, Pasta Salad, Corn, Pears, Pineapple Tidbits
TH	1/19	Breaded Baked Chicken, Mashed Potatoes, Broccoli, Fresh Orange, Chilled Peaches
F	1/20	French Bread Pizza, Tossed Salad, Fresh Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit

M	1/23	Chicken Tenders with Dipping Sauce, Scalloped Potatoes, Steamed Peas, Fresh Banana, Diced Peaches
T	1/24	Italian Sausage Sandwich with Sautéed Onions & Gr Peppers, Tomato Salad, Carrot Coins, Fresh Apple, Pears
W	1/25	Bacon Cheese Burger on a Kaiser Roll, Tossed Salad, Steamed Corn, Fresh Apple, Chilled Peaches
TH	1/26	Mandarin Orange Chicken over Rice, Seasoned Green Beans, Pineapple, Orange Slices
F	1/27	Chicken Parmesan on a Kaiser Roll, Coleslaw, Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit

M	1/30	Cheesesteak w/Fried Onions, Tossed Salad, Diced Carrots, Fresh Grapes, Chilled Applesauce
T	1/31	Pulled Pork Sandwich on a Kaiser, Creamy Potato Salad, Corn, Peaches, Pears



Cheeseburger, Grilled Chicken, Chicken Patty, Vegetarian Burgers



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



Traditional Salad Bar and Specialty Salad Bar



Two Pasta's and Two Sauces Available Daily



Two Soups and/or Chili Daily



Mickey's Cheese Pizza Plus One Daily Special



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