

Meal Prices

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

Conestoga High School Lunch Menu MAY 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	5/2	Lasagna Roll-ups w/Spaghetti Sauce	Corn, Tossed Salad, Pineapple, Chilled Peaches
T	5/3	General Tso's Chicken over Noodles	Stir Fry Vegetables, Broccoli, Orange, Applesauce
W	5/4	Burrito Bowl (Rice, Seasoned Chicken, Lettuce, Tomato, Black Beans and Salsa)	Corn, Fresh Orange
TH	5/5	Italian Hoagie with Lettuce & Tomato	Fresh Cucumber Slices, Potato Salad, Fresh Banana, Chilled Pears
F	5/6	Chicken & Broccoli Alfredo Over Noodles	Tossed Salad, Fresh Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit
M	5/9	Italian Sausage Sandwich with Sautéed Onions & Gr Peppers, Tomato Salad, Carrot Coins, Fresh Apple, Pears	
T	5/10	Stuffed Shells with Spaghetti Sauce	Green Beans, Fresh Baby Carrots w/Dip, Fresh Banana, Chilled Pears
W	5/11	Soft Beef Taco w/Lettuce, Tomato, Salsa, Cheese, Black Beans, Corn, Fresh Apple, Peaches	
TH	5/12	Pizza Dippers with Hot Marinara Sauce	Green Beans, Fresh Salad, Pineapple Chunks, Apple Slices
F	5/13	Chicken Cacciatore over Penne Pasta	Tossed Salad, Fresh Carrot Sticks, Fresh Red Grapes, Mixed Fruit
M	5/16	Cheese Steak with Fried Onions & Sauce	Fresh Baby Carrots, Sliced Cucumber, Fresh Banana, Chilled Pears
T	5/17	BBQ Chicken Wings	Seasoned Baked Beans, Peas, Fresh Chilled Apple, Peaches
W	5/18	Quarter Pound Chili Dog,	Pasta Salad, Corn, Peaches, Pineapple Tidbits
TH	5/19	Breaded Baked Chicken	Mashed Potatoes, Broccoli, Fresh Orange, Chilled Mixed Fruit
F	5/20	French Bread Pizza	Tossed Salad, Fresh Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit
M	5/23	Chicken Tenders with Dipping Sauce	Mashed Potatoes, Baby Carrots w/Dip, Fresh Banana, Diced Pears
T	5/24	Bacon Cheese Burger on a Kaiser Roll	Baked Beans, Potato Salad, Mixed Fruit, Red Grapes
W	5/25	Meatball Sandwich on a Roll w/ Mozzarella Cheese, Tossed Salad, Seasoned Peas, Fresh Apple, Chilled Peaches	
TH	5/26	Beef Rib Patty on a Bun	Mashed Potatoes, Seasoned Green Beans, Pineapple, Apple Slices
F	5/27	Chicken Parmesan on a Kaiser Roll	Corn, Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit
M	5/30	MEMORIAL DAY - NO SCHOOL	
T	5/31	Lasagna Roll-ups w/Spaghetti Sauce	Corn, Tossed Salad, Pineapple, Chilled Peaches

AVAILABLE DAILY



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, 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

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