

Conestoga High School Menu

<p>Sept. 1</p> <p style="font-size: 1.5em; font-weight: bold;">No School Labor Day Celebration</p>	<p>Sept. 2</p> <p>Popcorn Chicken</p> <p>Black Bean salsa Caesar salad Apple Wedges Peaches Milk Selection</p>	<p>Sept. 3</p> <p>Homemade Chicken And Cheese Quesadilla</p> <p>Corn Carrot Sticks w/ dip Grapes Bananas Milk Selection</p>	<p>Sept. 4</p> <p>Soft Shell Taco</p> <p>Lettuce, Tomato, Cheese Corn Fiesta Rice Apple Wedges Milk Selection</p>	<p>Sept. 5</p> <p>Pizza Dippers</p> <p>Green Beans Tossed Salad Apple Crisp Milk Selection</p>
<p>Sept. 8</p> <p>Chicken Nuggets</p> <p>Baked Beans Roasted Corn Apple Wedges Peaches Milk Selection</p>	<p>Sept. 9</p> <p>Nachos w/ Beef and Cheese</p> <p>Lettuce, Tomato, Cheese Green Beans Sliced Cucumber Pineapple Chunks Milk Selection</p>	<p>Sept. 10</p> <p>Pasta w/ Meatballs</p> <p>Breadstick/Dinner Roll Caesar Salad Applesauce Milk Selection</p>	<p>Sept. 11</p> <p>Baked Chicken</p> <p>Mashed Potatoes Carrots w/ Tarragon Pears Milk Selection</p>	<p>Sept. 12</p> <p>Spicy Chicken Fingers</p> <p>Steamed Broccoli Rice Grapes Cherry Jello Milk Selection</p>
<p>Sept. 15</p> <p>Popcorn Chicken</p> <p>Green Beans Tossed Salad Applesauce Milk Selection</p>	<p>Sept. 16</p> <p>BBQ Hamburger/Cheeseburger Hot Dogs Chef's Salad</p> <p>Baked Beans Pasta Salad Side Kick Milk Selection</p>	<p>Sept. 17</p> <p>Chicken Cheesesteak</p> <p>Potato Wedges Cucumber Slices Applesauce Pears Milk Selection</p>	<p>Sept. 18</p> <p>Italian Hoagie</p> <p>Baby Carrots Cucumber Salad Banana Peaches Milk Selection</p>	<p>Sept. 19</p> <p>Chicken Patty w/ Gravy And Mashed Potatoes</p> <p>Corn Tossed Salad Apple Crisp Milk Selection</p>
<p>Sept. 22</p> <p>Stuffed Shells</p> <p>Breadstick/Dinner Roll Caesar Salad Pears Milk Selection</p>	<p>Sept. 23</p> <p>General Tso Chicken over pasta</p> <p>Stir Fry Vegetables Caesar Salad Oranges Milk Selection</p>	<p>Sept. 24</p> <p>Cheesesteak</p> <p>Tator Tots Corn Mixed Fruit Grapes Milk Selection</p>	<p>Sept. 25</p> <p style="font-size: 1.5em; font-weight: bold;">No School</p>	<p>Sept. 26</p> <p>Chicken Tenders</p> <p>Chicken Noodle Soup Baby Carrots Pineapple chunks Milk Selection</p>

<p><u>Deli Bar</u> Ham, Turkey, Roast Beef, Tuna Salad, Chicken Salad, Hot & Spicy Ham, Salami, 3 Cheeses and Assorted Bread and Kaiser Rolls (Whole Wheat and Multi Grain)</p>	<p><u>Pasta Bar</u> Two Pasta's and Two Sauces Available Daily</p>	<p><u>Fruit and Vegetable Bar</u> Traditional Salad Bar Specialty Salads Fresh Fruit</p>	<p><u>Soups and Chili</u> Two Soups and/or Chili Daily</p>
--	---	---	---

Offered
Daily

High School Breakfast Meal \$1.90
Sandwich Meal \$3.15
All Breakfast Meals include Four Items:
1. Bread 2. Protein 3. Fruit 4. Milk
You may take all four items, but must take at least three
items to count as a Meal. You may take two breads or
one bread and one protein and one fruit and one milk.
Choose One Entrée
(Bread and/or Protein)
Bagel Lg Muffin 2 Cereals
French Toast Sticks & Sausage
Sausage, Egg, Cheese Sandwich (\$3.15 Meal)
Choose One Fruit
(Fruit)
Fresh Fruit 4oz 100% Fruit Juice
Choose One
(8oz Milk)

High School Lunch Meal \$3.25
All Meals include Five Items:
1. Protein 2. Bread 3. Fruit 4. Vegetable 5. Milk
You may take all five items, but must take at least three
items, **with one of the three items being a fruit or
vegetable to count as a lunch.**
Choose One Entrée (Bread, Protein):
\$3.25 Meal Entrée's
Cheeseburger, Hamburger, Veggie Burger
Chicken Patty
Pasta Bar
Pizza Daily Menu Item
\$3.75 Meal Entrée's
Chick Fillet
Deli to Order
Choose up to Two Fruits & Two Vegetables
2 portioned fruits or 1 fresh fruit
And up to 2 vegetables
(Add Fries to any Meal for \$.75, when available)
Choose One:
(1% white, skim white & non-fat chocolate milk)
Salad Bar \$3.75
Includes Salad Bar plus Fruit, Crackers/Breadsticks &
8oz Milk

CAFETERIA ACCOUNT
Please include your child's name and pin #
with all pre-payments. You may also pay online
at www.paypams.com. FREE registration
(\$1.95 fee for online deposits)