

Meal Prices

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

Conestoga High School Lunch Menu November 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
M	11/2	Burrito Bowl (Rice, Seasoned Chicken, Lettuce, Tomato, Black Beans and Salsa)	Corn, Mango, Fresh Orange
T	11/3	NO SCHOOL TEACHER IN-SERVICE	
W	11/4	General Tso's Chicken over Noodles	Stir Fry Vegetables, Broccoli, Orange, Applesauce
TH	11/5	Italian Hoagie with Lettuce & Tomato	Fresh Cucumber Slices, Black Bean Salad, Fresh Banana, Chilled Pears
F	11/6	Chicken & Broccoli Alfredo Over Noodles	Tossed Salad, Fresh Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit

M	11/9	Italian Sausage Sandwich with Sautéed Onions & Gr Peppers, Tomato Salad, Carrot Coins, Fresh Apple, Pears	
T	11/10	Stuffed Shells with Spaghetti Sauce	Green Beans, Fresh Baby Carrots w/Dip, Fresh Banana, Chilled Pears
W	11/11	Soft Beef Taco w/Lettuce, Tomato, Salsa, Cheese	Black Beans, Corn, Fresh Apple, Peaches
TH	11/12	Chicken Cacciatore over Penne Pasta	Tossed Salad, Fresh Carrot Sticks, Fresh Red Grapes, Mixed Fruit
F	11/13	Pizza Dippers with Hot Marinara Sauce	Green Beans, Fresh Salad, Pineapple Chunks, Apple Slices

M	11/16	Cheese Steak with Fried Onions & Sauce	Fresh Baby Carrots, Sliced Cucumber, Fresh Banana, Chilled Pears
T	11/17	BBQ Chicken Wings	Seasoned Baked Beans, Peas, Fresh Chilled Apple, Peaches
W	11/18	Quarter Pound Chili Dog,	Pasta Salad, Corn, Peaches, Pineapple Tidbits
TH	11/19	Breaded Baked Chicken	Mashed Potatoes, Broccoli, Fresh Orange, Chilled Mixed Fruit
F	11/20	Turkey with Stuffing, Mashed Potatoes, Green Beans	Tossed Garden Salad, Chilled Pineapple, Apple Slices

M	11/23	Chicken Tenders with Dipping Sauce	Mashed Potatoes, Baby Carrots w/Dip, Fresh Banana, Diced Pears
T	11/24	Meatball Sandwich on a Roll w/ Mozzarella Cheese	Tossed Salad, Seasoned Peas, Fresh Apple, Chilled Peaches
W	11/25	NO SCHOOL	
TH	11/26	NO SCHOOL	
F	11/27	NO SCHOOL	

 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