

Meal Prices

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

Conestoga High School Lunch Menu October 2015

| Day | Date | ENTRÉE | SIDES |
|-----------|-------|---|--|
| Monday | 9/28 | Chicken Tenders with Dipping Sauce | Mashed Potatoes, Baby Carrots w/Dip, Fresh Banana, Diced Pears |
| Tuesday | 9/29 | Meatball Sandwich on a Roll w/ Mozzarella Cheese | Tossed Salad, Seasoned Peas, Fresh Apple, Chilled Peaches |
| Wednesday | 9/30 | Grilled Cheese & Tomato Sandwich | Tomato Soup, Steamed Broccoli, Fresh Orange, Applesauce |
| Thursday | 10/1 | Spaghetti w/ Sauce and Meatballs | Seasoned Green Beans, Tossed Salad, Pineapple, Chilled Apple Slices |
| Friday | 10/2 | Chicken Parmesan on a Kaiser Roll | Corn, Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit |
| Monday | 10/5 | Burrito Bowl (Rice, Seasoned Chicken, Lettuce, Tomato, Black Beans and Salsa) | Corn, Mango, Fresh Orange |
| Tuesday | 10/6 | Lasagna Roll-ups with Tomato Sauce | Green Beans, Tossed Salad, Pineapple Tidbits, Chilled Apple Slices |
| Wednesday | 10/7 | General Tso's Chicken over Noodles | Stir Fry Vegetables, Broccoli, Orange, Applesauce |
| Thursday | 10/8 | Italian Hoagie with Lettuce & Tomato | Fresh Cucumber Slices, Black Bean Salad, Fresh Banana, Chilled Pears |
| Friday | 10/9 | Chicken & Broccoli Alfredo Over Noodles | Tossed Salad, Fresh Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit |
| Monday | 10/12 | Italain Sausage Sandwich with Sauteed Onions & Gr Peppers, Tomato Salad, Carrot Coins, Fresh Apple, Pears | |
| Tuesday | 10/13 | Stuffed Shells with Spaghetti Sauce | Green Beans, Fresh Baby Carrots w/Dip, Fresh Banana, Chilled Pears |
| Wednesday | 10/14 | Soft Beef Taco w/Lettuce, Tomato, Salsa, Cheese | Black Beans, Corn, Fresh Apple, Peaches |
| Thursday | 10/15 | Chicken Cacciatore over Penne Pasta | Tossed Salad, Fresh Carrot Sticks, Fresh Red Grapes, Mixed Fruit |
| Friday | 10/16 | Pizza Dippers with Hot Marinara Sauce | Green Beans, Fresh Salad, Pineapple Chunks, Apple Slices |
| Monday | 10/19 | Cheese Steak with Fried Onions & Sauce | Fresh Baby Carrots, Sliced Cucumber, Fresh Banana, Chilled Pears |
| Tuesday | 10/20 | BBQ Chicken Wings | Seasoned Baked Beans, Peas, Fresh Chilled Apple, Peaches |
| Wednesday | 10/21 | Quarter Pound Chili Dog, | Pasta Salad, Corn, Peaches, Pineapple Tidbits |
| Thursday | 10/22 | Breaded Baked Chicken | Mashed Potatoes, Broccoli, Fresh Orange, Chilled Mixed Fruit |
| Friday | 10/23 | Hot Roast Beef, Provolone Cheese on a Kaiser Roll | Green Beans, Tossed Garden Salad, Chilled Pineapple, Apple Slices |
| Monday | 10/26 | Chicken Tenders with Dipping Sauce | Mashed Potatoes, Baby Carrots w/Dip, Fresh Banana, Diced Pears |
| Tuesday | 10/27 | Meatball Sandwich on a Roll w/ Mozzarella Cheese | Tossed Salad, Seasoned Peas, Fresh Apple, Chilled Peaches |
| Wednesday | 10/28 | Grilled Cheese & Tomato Sandwich | Tomato Soup, Steamed Broccoli, Fresh Orange, Applesauce |
| Thursday | 10/29 | Spaghetti w/ Sauce and Meatballs | Seasoned Green Beans, Tossed Salad, Pineapple, Chilled Apple Slices |
| Friday | 10/30 | Chicken Parmesan on a Kaiser Roll | Corn, Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit |

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