

Meal Prices

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

Conestoga High School Lunch Menu August / September 2015

DAY	DATE	ENTRÉE	SIDES
Monday	8/31	Popcorn Chicken with Dipping Sauce, WW Roll	Mashed Potatoes, Baby Carrots, Fresh Banana, Diced Pears
Tuesday	9/1	Meatball Sandwich on a Roll w/Mozzarella Cheese	Broccoli, Baked French Fries, Fresh Apple, Peaches
Wednesday	9/2	Homemade Grilled Cheese Sandwich	Tomato Soup, Baked Beans, Fresh Orange, Cinnamon Applesauce
Thursday	9/3	Spaghetti w/ Sauce and Meatballs	Seasoned Green Beans, Tossed Salad, Pineapple, Chilled Apple Slices
Friday	9/4	Chicken Parmesan on a Kaiser Roll	Corn, Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit
Monday	9/7	NO SCHOOL	
Tuesday	9/8	Lasagna Roll-ups with Tomato Sauce	Green Beans, Tossed Salad, Pineapple Tidbits, Chilled Apple Slices
Wednesday	9/9	General Tso's Chicken over Noodles	Stir Fry Vegetables, Broccoli, Orange, Applesauce
Thursday	9/10	Italian Hoagie with Lettuce & Tomato	Fresh Cucumber Slices, Black Bean Salad, Fresh Banana, Chilled Pears
Friday	9/11	Chicken & Broccoli Alfredo Over Noodles	Tossed Salad, Fresh Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit
Monday	9/14	NO SCHOOL	
Tuesday	9/15	Stuffed Shells with Spaghetti Sauce	Green Beans, Fresh Baby Carrots w/Dip, Fresh Banana, Chilled Pears
Wednesday	9/16	Soft Beef Taco w/Lettuce, Tomato, Salsa, Cheese	Black Beans, Corn, Fresh Apple, Peaches
Thursday	9/17	Chicken Cacciatore over Penne Pasta	Tossed Salad, Fresh Carrot Sticks, Fresh Red Grapes, Mixed Fruit
Friday	9/18	Pizza Dippers with Hot Marinara Sauce	Green Beans, Fresh Salad, Pineapple Chunks, Apple Slices
Monday	9/21	Cheese Steak with Fried Onions & Sauce	Fresh Baby Carrots, Sliced Cucumber, Fresh Banana, Chilled Pears
Tuesday	9/22	BBQ Chicken Wings	Seasoned Baked Beans, Peas, Fresh Chilled Apple, Peaches
Wednesday	9/23	NO SCHOOL	
Thursday	9/24	Breaded Baked Chicken	Mashed Potatoes, Broccoli, Fresh Orange, Chilled Mixed Fruit
Friday	9/25	Hot Roast Beef, Provolone Cheese on a Kaiser Roll	Green Beans, Tossed Garden Salad, Chilled Pineapple, Apple Slices
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



Grill
Cheeseburger, Grilled Chicken, Chicken Patty, Vegetarian Burgers (Available on White and Whole Wheat Buns)



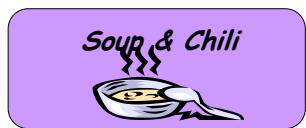
Deli Bar
Ham, Turkey, Roast Beef, Tuna Salad, Chicken Salad, Hot & Spicy Ham, Salami, 3 Cheeses and Assorted Bread and Kaiser Rolls



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