

Meal Prices

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

Conestoga High School

Lunch Menu

SEPTEMBER

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.

ENTREE

SIDES

M	8/29	Lasagna Roll-ups w/Spaghetti Sauce Corn, Tossed Salad, Pineapple Chunkc, Chilled Peaches
T	8/30	General Tso's Chicken over Noodles, Stir Fry Vegetables, Broccoli w/dip, Mixed Fruit, Applesauce
W	8/31	Burrito Bowl (Rice, Seasoned Chicken, Lettuce, Tomato, Black Beans and Salsa) Corn, Fresh Orange, Pears
TH	9/1	Italian Hoagie with Lettuce & Tomato, Potato Salad, Fresh Cucumber Slices, Fresh Banana, Chilled Peaches
F	9/2	Chicken & Broccoli Alfredo Over Noodles Tossed Salad, Fresh Carrot Sticks, Fresh Grapes, Mixed Fruit

M	9/5	Chicken Tenders with Dipping Sauce Mashed Potatoes, Baby Carrots w/Dip, Fresh Banana, Diced Pears
T	9/6	Stuffed Shells with Spaghetti Sauce Green Beans, Steamed Broccoli, Chilled Peaches, Fruit Cocktail
W	9/7	Soft Beef Taco w/Lettuce, Tomato, Salsa, Cheese, Black Beans, Corn, Fresh Apple, Pears
TH	9/8	Pizza Dippers with Hot Marinara Sauce, Green Beans, Fresh Salad, Pineapple Chunks, Apple Slices
F	9/9	Chicken Cacciatore over Penne Pasta, Tossed Salad, Fresh Carrot Sticks, Fresh Red Grapes, Mixed Fruit

M	9/12	Cheese Steak with Fried Onions & Sauce, Fresh Baby Carrots, Sliced Cucumber, Fresh Banana, Chilled Pears
T	9/13	BBQ Chicken Wings, Seasoned Baked Beans, Peas, Fresh Chilled Apple, Peaches
W	9/14	Quarter Pound Chili Dog, Pasta Salad, Corn, Pears, Pineapple Tidbits
TH	9/15	Breaded Baked Chicken, Mashed Potatoes, Broccoli, Fresh Orange, Chilled Peaches
F	9/16	French Bread Pizza, Tossed Salad, Fresh Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit

M	9/19	Chicken Tenders with Dipping Sauce, Mashed Potatoes, Steamed Peas, Fresh Banana, Diced Peaches
T	9/20	Italian Sausage Sandwich with Sautéed Onions & Gr Peppers, Tomato Salad, Carrot Coins, Fresh Apple, Pears
W	9/21	Bacon Cheese Burger on a Kaiser Roll, Tossed Salad, Steamed Corn, Fresh Apple, Chilled Peaches
TH	9/22	Meatloaf w/Gravy, Mashed Potatoes, Seasoned Green Beans, Pineapple, Chilled Apple Slices
F	9/23	Chicken Parmesan on a Kaiser Roll, Coleslaw, Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit

M	9/26	Cheesesteak w/Fried Onions, Tossed Salad, Diced Carrots, Fresh Grapes, Chilled Applesauce
T	9/27	Pulled Pork Sandwich on a Kaiser, Creamy Potato Salad, Corn, Peaches, Pears
W	9/28	Oven Roasted Chicken, Mashed Potatoes, Steamed Broccoli, Fresh Orange, Apple Slices
TH	9/29	Meatball Sandwich on a Sub Roll, Seasoned Steamed Carrots, Baby Carrots w/dip, Pears, Fresh Apple
F	9/30	Chicken Fajita with Peppers and Onions and Fixings, Black Bean Salsa, Rice, Fresh Orange, Chilled Peaches



Cheeseburger, Grilled Chicken, Chicken Patty, Vegetarian Burgers



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



Traditional Salad Bar and Specialty Salad Bar



Two Pasta's and Two Sauces Available Daily



Two Soups and/or Chili Daily



Mickey's Cheese Pizza Plus One Daily Special



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