Conestoga Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct
Entrée A	Virtual	Chicken Patty on a Bun	Chicken Tenders	Cheeseburger	Pizza
		Baby Carrots w/Dip	Baby Carrots w/Dip	Broccoli w/Dip Coleslaw	Carrot & Celery Sticks w/Dip
		Fresh Pear	Mixed Fruit	Sliced Apples	Banana
		Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk
		Mayo Packet	Honey Mustard Sauce	Ketchup & Mustard Packet	
		Napkin	Napkin & Fork	Napkin & Fork	Napkin
or		Toulous BLT Calad	Chishan Casan Calad		Courthurs of Chickers Colored
	Virtual	Turkey BLT Salad	Chicken Caesar Salad	Chef Salad	Southwest Chicken Salad
er)		Romaine Lettuce, Turkey	Romaine Lettuce, Grilled	Romaine Lettuce,	Romaine Lettuce, Roasted
att		Breast, Sliced Grape	Chicken Strips, Caesar	Ham, Oven Roasted	Chicken, Cheddar
<u> </u>		Tomatoes, Cheddar	Romano Dressing,	Turkey, American	Cheese, Corn & Black
(Salad Platter)		Cheese, Bacon, Ranch	Parmesan Cheese,	Cheese, Croutons,	Beans, Diced Tomatoes,
(S		Dressing, Dinner Roll	Croutons, w Dinner Roll	Cucumber, Grape	Red Onion, Ranch Dressing, Dinner Roll
8				Tomatoes, Hard Boiled	Dinner Koll
Entrée B				Egg, Italian Dressing, Dinner Roll	
E		Fresh Pear	Fresh Pear	Fresh Orange	Sliced Apples
		Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk
		Napkin, Knive & Fork	Napkin, Knive & Fork	Napkin, Knive & Fork	Napkin, Knive & Fork
or		rapidity kinte at ork	rapidity kinve a rock	riapini, kiive a ronk	rapan, ance a rora
Entrée C (Veg. Salad Platter)	Minhard	Garden Salad	Garden Salad	Garden Salad	Garden Salad
		Romaine Lettuce, Hard	Romaine Lettuce, Hard	Romaine Lettuce, Hard	Romaine Lettuce, Hard
		Boiled Egg, Cheddar	Boiled Egg, Cheddar	Boiled Egg, Cheddar	Boiled Egg, Cheddar
lad		Cheese, Sliced Cucumber,	Cheese, Sliced Cucumber,	Cheese, Sliced Cucumber,	Cheese, Sliced Cucumber,
. Sa	Virtual	Sliced Tomatoes, Shredded	Sliced Tomatoes,	Sliced Tomatoes, Shredded	Sliced Tomatoes, Shredded
/eg		Carrot w/Dinner Roll	Shredded Carrot	Carrot w/Dinner Roll	Carrot w/Dinner Roll
2			w/Dinner Roll		
ée (Fresh Pear	Fresh Orange	Fresh Orange	Banana
ntr		Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk
ш		Napkin, Knive & Fork	Napkin, Knive & Fork	Napkin, Knive & Fork	Napkin, Knive & Fork

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée A	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct
	Cheeseburger	Pizza	Chicken Nuggets	Pizza Dippers (Mozzarella filled Breadsticks)	Chicken Patty Sandwich
	Cucumber Slices w/Dip	Baby Carrots w/Dip	Cucumber Slices w/Dip	Baby Carrots w/Dip	Carrot & Celery Sticks w/Dip
	Fresh Apple	Fresh Pear	Apple Slices	Fresh Orange	Banana
	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk
	Mustard & Ketchup Packet		Honey Mustard	Marinara Sauce	Mayo Packet
	Napkin	Napkin	Napkin	Napkin	Napkin
or					
(Salad Platter)	Hummus Platter	Chicken Caesar Salad	Crispy Chicken Salad	Fajita Salad w Chicken	Spinach Salad
	Hummus, Olives, Diced	Romaine Lettuce, Grilled	Romaine Lettuce,	Romaine Lettuce, Chicken	Spinach, Hard Boiled Egg,
	Cheese, Baby Carrots,	Chicken Strips, Caesar	Breaded Chicken Strips,	Breast, Chipotle Lime	Red Onion, Bacon, w
	Cucumber Slices, Broccoli	Romano Dressing,	Cheddar Cheese, Sliced	Fajita Vinaigrette, Cheddar	Vinaigrette Balsamic Olive
(Sal	and Pita Wedges	Parmesan Cheese,	Tomatoes, Shredded	Cheese, Chili Lime Tri-	Oil Dressing w/Dinner Roll
		Croutons, w Dinner Roll	Carrot, Ranch Dressing	Colored Tortilla Strips, w	
Entrée B			w/Dinner Roll	Dinner Roll	
l tr	Fresh Apple	Fresh Pear	Fresh Apple	Fresh Orange	Banana
"	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk
	Napkin, Knive & Fork	Napkin, Knive & Fork	Napkin, Knive & Fork	Napkin, Knive & Fork	Napkin, Knive & Fork
or					
(Veg. Salad Platter)	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
	Romaine Lettuce, Hard	Romaine Lettuce, Hard	Romaine Lettuce, Hard	Romaine Lettuce, Hard	Romaine Lettuce, Hard
	Boiled Egg, Cheddar	Boiled Egg, Cheddar	Boiled Egg, Cheddar	Boiled Egg, Cheddar	Boiled Egg, Cheddar
lac	Cheese, Sliced Cucumber,	Cheese, Sliced Cucumber,	Cheese, Sliced Cucumber,	Cheese, Sliced Cucumber,	Cheese, Sliced Cucumber,
SS:	Sliced Tomatoes, Shredded	Sliced Tomatoes, Shredded	Sliced Tomatoes,	Sliced Tomatoes, Shredded	Sliced Tomatoes, Shredded
Entrée C (Veg	Carrot w/Dinner Roll	Carrot w/Dinner Roll	Shredded Carrot w/Dinner Roll	Carrot w/Dinner Roll	Carrot w/Dinner Roll
	Fresh Apple	Fresh Pear	Fresh Orange	Fresh Orange	Banana
	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk	Chocolate or White Milk
	Napkin, Knive & Fork	Napkin, Knive & Fork	Napkin, Knive & Fork	Napkin, Knive & Fork	Napkin, Knive & Fork