

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 | | | | | |
| Entrée B (Salad Platter) | Virtual | Turkey BLT Salad | Chicken Caesar Salad | Chef Salad | Southwest Chicken Salad |
| | | Romaine Lettuce, Turkey Breast, Sliced Grape Tomatoes, Cheddar Cheese, Bacon, Ranch Dressing, Dinner Roll | Romaine Lettuce, Grilled Chicken Strips, Caesar Romano Dressing, Parmesan Cheese, Croutons, w Dinner Roll | Romaine Lettuce, Ham, Oven Roasted Turkey, American Cheese, Croutons, Cucumber, Grape Tomatoes, Hard Boiled Egg, Italian Dressing, Dinner Roll | Romaine Lettuce, Roasted Chicken, Cheddar Cheese, Corn & Black Beans, Diced Tomatoes, Red Onion, Ranch Dressing, Dinner Roll |
| | | 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, Knife & Fork | Napkin, Knife & Fork | Napkin, Knife & Fork | Napkin, Knife & Fork |
| or | | | | | |
| Entrée C (Veg. Salad Platter) | Virtual | Garden Salad | Garden Salad | Garden Salad | Garden Salad |
| | | Romaine Lettuce, Hard Boiled Egg, Cheddar Cheese, Sliced Cucumber, Sliced Tomatoes, Shredded Carrot w/Dinner Roll | Romaine Lettuce, Hard Boiled Egg, Cheddar Cheese, Sliced Cucumber, Sliced Tomatoes, Shredded Carrot w/Dinner Roll | Romaine Lettuce, Hard Boiled Egg, Cheddar Cheese, Sliced Cucumber, Sliced Tomatoes, Shredded Carrot w/Dinner Roll | Romaine Lettuce, Hard Boiled Egg, Cheddar Cheese, Sliced Cucumber, Sliced Tomatoes, Shredded Carrot w/Dinner Roll |
| | | Fresh Pear | Fresh Orange | Fresh Orange | Banana |
| | | Chocolate or White Milk | Chocolate or White Milk | Chocolate or White Milk | Chocolate or White Milk |
| | | Napkin, Knife & Fork | Napkin, Knife & Fork | Napkin, Knife & Fork | Napkin, Knife & 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 | | | | | |
| Entrée B (Salad Platter) | Hummus Platter | Chicken Caesar Salad | Crispy Chicken Salad | Fajita Salad w Chicken | Spinach Salad |
| | Hummus, Olives, Diced Cheese, Baby Carrots, Cucumber Slices, Broccoli and Pita Wedges | Romaine Lettuce, Grilled Chicken Strips, Caesar Romano Dressing, Parmesan Cheese, Croutons, w Dinner Roll | Romaine Lettuce, Breaded Chicken Strips, Cheddar Cheese, Sliced Tomatoes, Shredded Carrot, Ranch Dressing w/Dinner Roll | Romaine Lettuce, Chicken Breast, Chipotle Lime Fajita Vinaigrette, Cheddar Cheese, Chili Lime Tri-Colored Tortilla Strips, w Dinner Roll | Spinach, Hard Boiled Egg, Red Onion, Bacon, w Vinaigrette Balsamic Olive Oil Dressing w/Dinner Roll |
| | 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, Knife & Fork | Napkin, Knife & Fork | Napkin, Knife & Fork | Napkin, Knife & Fork | Napkin, Knife & Fork |
| or | | | | | |
| Entrée C (Veg. Salad Platter) | Garden Salad | Garden Salad | Garden Salad | Garden Salad | Garden Salad |
| | Romaine Lettuce, Hard Boiled Egg, Cheddar Cheese, Sliced Cucumber, Sliced Tomatoes, Shredded Carrot w/Dinner Roll | Romaine Lettuce, Hard Boiled Egg, Cheddar Cheese, Sliced Cucumber, Sliced Tomatoes, Shredded Carrot w/Dinner Roll | Romaine Lettuce, Hard Boiled Egg, Cheddar Cheese, Sliced Cucumber, Sliced Tomatoes, Shredded Carrot w/Dinner Roll | Romaine Lettuce, Hard Boiled Egg, Cheddar Cheese, Sliced Cucumber, Sliced Tomatoes, Shredded Carrot w/Dinner Roll | Romaine Lettuce, Hard Boiled Egg, Cheddar Cheese, Sliced Cucumber, Sliced Tomatoes, Shredded 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, Knife & Fork | Napkin, Knife & Fork | Napkin, Knife & Fork | Napkin, Knife & Fork | Napkin, Knife & Fork |