

Meal Prices

Paid Lunch: \$4.00 to \$5.50

Red. Lunch: FREE

Adult Lunch: \$5.50

Conestoga High School



August to December
2023

Account Management

www.SchoolCafe.com

Don't forget to sign-up
for low balance alerts! Sign-up
and notifications are free!

DAILY FOOD STATIONS

 <p>Cheeseburger, Chicken Patty, Spicy Chicken, Chicken Breast, Vegetarian Burgers, Baked French Fries</p>	<p><i>The Express</i></p>  <p>Pre-made Deli Sandwiches</p>	 <p>Cheese Pizza plus one Daily Specialty Pie</p>	<p>Build your Own Salad</p> 	<p>Ham, Turkey, Roast Beef, Tuna & Chicken Salad, Spicy Ham, Salami, 2 Cheeses, Assorted Bread and Kaiser Rolls</p> 
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8oz 1% White Milk, Non-fat White Milk and Non-fat Chocolate Milk included with all Meals

Baby Carrots, Fresh Apple Slices, Fresh Fruit and 4oz 100% Apple, Orange and Grape Juice Available Daily

TODAY'S SPECIAL		VEGETABLES	FRUITS
M	Walking Beef Taco w/Cheddar Cheese	Corn, Chopped Tomato, Lettuce	Peaches, Strawberry Cup
T	Orange Chicken over Rice	Steamed Broccoli, Baby Carrots	Mandarin Oranges, Mixed Fruit
W	Meatball Sub	Tossed Salad, Steamed Green Beans	Pears, Cinnamon Apple Slices
Th	Roasted Chicken, Dinner Roll	Baked Beans, Broccoli w/Dip	Fruit Cocktail, Peaches
F	Bosco Pizza Dippers	Steamed Carrots, Tossed Salad	Pears, Applesauce

M	Chicken Cacciatore/ Penne Pasta	Steamed Broccoli, Baby Carrots	Applesauce, Mixed Fruit
T	Breaded Chicken Breast on a Bun	Corn, Carrot & Celery Sticks w/Dip	Peaches, Strawberry Cup
W	Pulled Pork on a Kaiser Roll	Baked Beans, Tossed Salad	Pears, Cinnamon Apple Slices
Th	Penne Pasta with Beef Meat Sauce	Green Beans, Cucumber Slices	Fruit Cocktail, Peaches
F	Bosco Mozzarella Dippers	Marinara Sauce, Tossed Salad	Pears, Applesauce

M	Cheesesteak w/ Fr Onions Peppers	Mixed Vegetables, Cucumber Slices	Peaches, Strawberry Cup
T	Ground Beef with Gravy over Mashed Potatoes	Steamed Corn, Baby Carrots w/Dip	Applesauce, Mixed Fruit
W	Pulled Pork Macaroni & Cheese w/Dinner Roll	Baked Beans, Broccoli w/Dip	Pears, Cinnamon Apple Slices
Th	Teriyaki Chicken	Fried Rice, Oriental Vegetables	Mandarin Oranges, Peaches
F	Bosco Pizza Dippers	Marinara Sauce, Tossed Salad	Pears, Applesauce

M	Chicken Tenders w/Dipping Sauce	Baked Beans, Baby Carrots	Applesauce, Mixed Fruit
T	Penne Pasta with Meat Sauce	Tossed Salad, Green Beans	Peaches, Strawberry Cup
W	Beef Chili with Tortilla Chips	Steamed Corn, Tossed Salad	Pears, Cinnamon Apple Slices
Th	Popcorn Chicken w/Dinner Roll	Mashed Potatoes, Carrots w/Dip	Fruit Cocktail, Peaches
F	Bosco Mozzarella Dippers	Marinara Sauce, Tossed Salad	Pears, Applesauce

August/Sept.					October					November				December				
28	29	30	31	1	2	3	4	5	6		1	2	3	4	5	6	7	8
4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	11	12	13	14
11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	18	19	20	21
18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	25	26	27	28
25	26	27	28	29	30	31				27	28	29	30	1				

Color Coded Weekly
Calendar

 No Lunch

Only take a tray
if you need a tray!

