

### Meal Prices

Student Lunch: \$3.45 to \$4.70

Reduced Lunch: \$ .40

Adult Lunch: \$4.50

# Conestoga High School Lunch Menu FEBRUARY

Please register at [www.paypams.com](http://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.

M 1/29 Cheese Steak w/ Fried Onions & Sauce, Steamed Corn, Fresh Baby Carrots, Chilled Pears & Peaches

T 1/30 Cheese Ravioli with Spaghetti Sauce, Seasoned Peas, Tossed Salad, Chilled Peaches, Fresh Apple

W 1/31 Macaroni & Cheese, Tomato Vegetable Soup, Corn, Fresh Grapes, Chilled Pears

TH 2/1 Teriyaki Chicken over Rice, Oriental Vegetables, Broccoli w/Dip, Mandarin Oranges, Pears

F 2/2  BBQ Honey Chicken Wings, Foles Fries, Baked Beans, Green Grapes

GO BIRDS!



M 2/5 French Bread Pizza, Tossed Salad, Fresh Baby Carrots, Pears & Peaches

T 2/6 General Tso's Chicken over Noodles, Steamed Broccoli, Orange Slices, Chilled Fruit Cocktail

W 2/7 Pizza Dippers, Marinara Sauce, Steamed Green Beans, Cucumber Slices w/Dip, Applesauce, Chilled Peaches

TH 2/8 Baked Breaded Chicken with Mashed Potatoes, Corn, Pears & Peaches

F 2/9 Bacon Cheeseburger on a Kaiser, Creamy Potato Salad, Baked Beans, Fresh Apple, Chilled Fruit Cocktail

M 2/12 Toasted Cheese with Tomato Soup, Steamed Green Beans, Fresh Orange, Chilled Applesauce

T 2/13 Soft Taco w/Fixings, Black Beans & Corn, Broccoli w/Dip, Diced Peaches, Chilled Mixed Fruit

W 2/14 Meatball Parmesan Sandwich on a Sub, Seasoned Steamed Carrots, Cucs w/dip, Pears, Fresh Apple

TH 2/15 Chicken Parm over Pasta, Steamed Green Beans, Tossed Salad, Fresh Banana, Diced Peaches

F 2/16 **NO SCHOOL - PARENT TEACHER CONFERENCES**

M 2/19 **NO SCHOOL - PRESIDENTS DAY**

T 2/20 Lasagna Roll-ups, Steamed Green Beans, Broccoli w/Dip, Sliced Peaches and Applesauce

W 2/21 Pizza Dippers with Marinara Sauce, Corn, Fresh Salad, Apple Slices w/Cinnamon, Pineapple Chunks

TH 2/22 Chicken Cacciatore over Rice, Steamed Green Beans, Tossed Salad, Fresh Banana, Diced Peaches

F 2/23 Fish & Chips, Seasoned Peas, Cole Slaw, Fresh Orange, Diced Pears

M 2/26 Chicken & Broccoli Alfredo Over Noodles Tossed Salad, Fresh Carrot Sticks, Fresh Grapes, Mixed Fruit

T 2/27 Cheese Ravioli with Spaghetti Sauce, Seasoned Peas, Tossed Salad, Chilled Peaches, Fresh Apple

W 2/28 Macaroni & Cheese, Tomato Vegetable Soup, Broccoli w/dip, Fresh Grapes, Chilled Pears

TH 3/1 Teriyaki Chicken over Rice, Oriental Vegetables, Baby Carrots w/Dip, Mandarin Oranges, Pears

F 3/2 Spaghetti w/Meatballs, Tossed Salad, Green Beans, Applesauce, Orange

Grill



Cheeseburger, Grilled Chicken, Chicken Patty, Vegetarian Burgers

Deli Bar



Ham, Turkey, Roast Beef, Tuna Salad, Chicken Salad, Hot & Spicy Ham, Salami, 3 Cheeses and

Greens



Traditional Salad Bar and Specialty Salad Bar

Pasta Bar



Two Pasta's and Two Sauces Available Daily

Soup



Two Soups and/or Chili Daily

Pizza



Mickey's Cheese Pizza Plus One Daily Special



Express

Premade Salads, Wraps, Deli Sandwiches

(8oz) 1% White Milk, Non-Fat White Milk and Non-Fat Chocolate Milk included with all Meals

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