

Meal Prices

Student Lunch: \$3.45 to \$4.70

Reduced Lunch: \$.40

Adult Lunch: \$4.50

**Conestoga High School
Lunch Menu
January
2019**

Please register at www.schoolcafe.com and view your child's account balance, statement, add restrictions and receive low balance email notifications. All for free! Deposits made on-line will incur a \$2.25 fee. All other services are free.

ENTRÉE

VEGETABLES

FRUITS

W	1/2	Spaghetti w/Meatballs	Tossed Salad	Cuc Slices w/Dip	Mixed Fruit	Apple
T	1/3	Orange Chicken w/White Rice	Oriental Vegetables	Carrot Sticks	Orange Smiles	Pears
F	1/4	Pizza Dippers w/Marinara Sauce	Steamed Carrots	Carrot, Celery Stix	Peaches	Applesauce

M	1/7	Meatball Parmesan Sandwich	Green Beans	Broccoli w/dip	Applesauce	Peaches
T	1/8	Chicken Tika Masala over Rice	Steamed Carrots	Cuc Slices w/Dip	Fresh Grapes	Mixed Fruit
W	1/9	Grilled Cheese	Tomato Soup	Carrot Sticks	Orange Smiles	Pears
T	1/10	Bacon Cheeseburger on Kaiser	Potato Salad	Baby Carrots w/Dip	Mixed Fruit	Apple
F	1/11	Baked Pasta w/ Chicken n Cheese	Tossed Salad	Carrot, Celery Stix	Peaches	Pears

M	1/14	Philly Cheesesteak w/Pepper & Onions	Broccoli	Baby Carrots w/Dip	Apple Slices	Mixed Fruit
T	1/15	BBQ Wings	Potato Salad	Baked Beans	Chilled Pears	Apple
W	1/16	General Tso's Chicken	Noodles	Broccoli	Mandarin Orange:	Pears
T	1/17	Roasted Chicken/ Dinner Roll	Mashed Potatoes	Red & green Peppers Sl.	Pears	Peaches
F	1/18	Cheese Ravioli W/Spaghetti Sauce	Green Beans	Cuc Slices w/Dip	Applesauce	Orange

M	1/21	NO SCHOOL				
T	1/22	Pizza Dippers Marinara Sauce	Corn	Carrot, Celery Stix	Peaches	Banana
W	1/23	French Bread Pizza	Tossed Salad	Baby Carrots w/Dip	Mixed Fruit	Pineapple
T	1/24	Chicken Broccoli Alfredo	Rice	Broccoli w/dip	Apple Slices	Pears
F	1/25	BBQ Pulled Pork on a Kaiser	Creamy Potato Salad	Baked Beans	Chilled Peaches	Applesauce

M	1/28	Italian Sausage Pepper & Onion Sandwich	Green Beans	Broccoli w/dip	Applesauce	Peaches
T	1/29	Chicken Cacciatore over Rice	Tossed Salad	Baby Carrots w/Dip	Fresh Grapes	Mixed Fruit
W	1/30	Grilled Cheese	Tomato Soup	Carrot Sticks	Orange Smiles	Pears
TH	1/31	Bacon n Cheddar Burger on Kaiser	Potato Salad	Cuc Slices w/Dip	Mixed Fruit	Apple

DAILY ENTRÉE'S

Grill	Pasta Bar	Soup	Nacho Bar
Cheeseburger, Grilled Chicken, Chicken Patty, Vegetarian Burgers	Two Pasta's and Two Sauces Available Daily	Soup and Chili Daily	Nacho's Cheese Seasoned Meat
Deli Bar	Pizza	Express	Salad Bar
Assorted Meats Cheeses Salads and Assorted Bread and Rolls	Mickey's Cheese Pizza Plus One Daily Special	Pre-Made Deli Sandwiches and Salads	Traditional Salad Bar and Daily Specialty Bar

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

General Kitchen Worker Positions now available! Apply on the TESD website at: <https://www.tesd.net/Page/210>

SchoolCafé registration is FREE giving you access to account balances, low balance email notifications and statements. We strongly encourage all Parents/Guardians to register. Point of Sale payments can be made by check ("TESD Caf. Fund") or cash at school. Please include your child's name and pin # with all pre-payments. You may also pay online at www.schoolcafe.com. SchoolCafé charges \$2.25 per transaction for deposits made online and there is a \$100 max, but all other services are free.