

Conestoga High School



September to December 2022

Account Management
Please register your account at
www.SchoolCafe.com
to receive email alerts and
check purchases.

Meal Prices
Paid Lunch: \$4.00 to 5.25
Reduce Lunch: \$.40
Adult Lunch: \$5.25

DAILY FOOD STATIONS



Cheeseburger, Chicken Patty, Chicken Breast Sandwich, Vegetarian Burgers, Baked French Fries

Cheese Pizza plus one Daily Specialty Pie



Ham, Turkey, Roast Beef, Tuna & Chicken Salad, Spicy Ham, Salami, 3 Cheeses and Bread and Kaiser Rolls (Whole Wheat Multi Grain)



The Express Premade Deli Sandwiches



8oz 1% White Milk, Non-fat White Milk and Non-fat Chocolate Milk included with all Meals

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

TODAY'S SPECIAL

DAILY SIDES

DAILY SALAD PLATTER

M Chicken Tenders w/Dipping Sauce
T Penne Pasta with Meat sauce (beef)
W Bacon Cheese Burger on a Bun
Th Chicken Fajita w/Cheddar Cheese
F Bosco Pizza Dippers

Mashed Potatoes, Baby Carrots
Tossed Salad, Seasoned Green Beans
Baked Beans, Tossed Salad
Peppers & Onions, Baby Carrots w/Dip
Marinara Sauce, Tossed Salad

Antipasto Salad Platter
Taco Salad Platter
Chicken Caesar Salad Platter
Southwest Turkey Platter
Greek Chicken Salad Platter

(Garden Vegetable Salad Platter w/Egg or Cheese available daily)

M Soft Chicken Taco
T Chicken Alfredo & Broccoli
W Meatball Sub
Th Roasted Chicken
F Bosco Pizza Dippers

Corn, Chopped Tomato, Lettuce
Tossed Salad, Cucumber Slice's w/Dip
Tossed Salad, Baked Beans
Mashed Potatoes, Tossed Salad
Steamed Carrots, Tossed Salad

Tuna Salad Platter
Turkey Club Platter
Western Salad Platter
BBQ Chicken Salad Platter
Taco Salad Platter

(Garden Vegetable Salad Platter w/Egg or Cheese available daily)

M Cheesesteak w/ Fried Onions & Peppers
T Toasted Cheese Sandwich
W Pulled Pork Sandwich on a Kaiser
Th General Tso's Chicken Lo Mein
F Bosco Pizza Dippers

Coleslaw, Cucumber Slices
Tomato Soup, Steamed Corn
Baked Beans, Broccoli w/Dip
Oriental Vegetables, Baby Carrots
Marinara Sauce, Tossed Salad

Buffalo Chicken Salad Platter
Chef Salad Platter
Oriental Chicken Salad Platter
Chicken Caesar Salad Platter
Taco Salad Platter

(Garden Vegetable Salad Platter w/Egg or Cheese available daily)

M Chicken Cacciatore over Penne Pasta
T Brd Chicken Breast Sandwich on a Bun
W Macaroni & Cheese
Th Stuffed Shells w/Spaghetti Sauce
F Bosco Pizza Dippers

Steamed Broccoli, Baby Carrots
Baked Beans, Tossed Salad
Tomato Soup, Broccoli w/dip
Green Beans, Cucumber Slices
Marinara Sauce, Tossed Salad

Southwest Turkey
Western Salad Platter
Turkey Club
Taco Salad Platter
Antipasto Salad Platter

(Garden Vegetable Salad Platter w/Egg or Cheese available daily)

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

Color coded weekly menu
■ = No School