

Meal Prices

Student Lunch: \$3.45 to \$4.70

Reduced Lunch: \$.40

**Conestoga High School
Lunch Menu
October**

Please register at 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	10/2	Cheese Steak w/ Fried Onions & Sauce, Steamed Green Beans, Fresh Baby Carrots, Chilled Pears & Peaches
T	10/3	BBQ Bacon Cheeseburger on a Kaiser, Creamy Potato Salad, Baked Beans, Fresh Apple, Chilled Fruit Cocktail
W	10/4	Pepperoni Calzone, Marinara Sauce, Steamed Broccoli, Cucumber Slices w/Dip, Applesauce, Chilled Peaches
TH	10/5	Baked Breaded Chicken, Mashed Potatoes, Seasoned Peas, Fresh Oranges, Chilled Pears
F	10/6	French Bread Pizza, Steamed Corn, Carrot Sticks, Fresh Grapes, Chilled Mixed Fruit

M	10/9	Chicken Tenders w/Dipping Sauce
T	10/10	Toasted Cheese with Tomato Soup, Steamed Green Beans, Fresh Orange, Diced Pears
W	10/11	Pizza Dippers with Marinara Sauce, Corn, Fresh Salad, Apple Slices w/Cinnamon, Pineapple Chunks
TH	10/12	Chicken Cacciatore over Pasta, Steamed Green Beans, Tossed Salad, Fresh Banana, Diced Peaches
F	10/13	Soft Taco w/Fixings, Black Beans & Corn, Broccoli w/Dip, Fresh Orange, Chilled Mixed Fruit

M	10/16	Chicken & Broccoli Alfredo Over Noodles Tossed Salad, Fresh Carrot Sticks, Fresh Grapes, Mixed Fruit
T	10/17	Lasagna Roll-ups, Steamed Green Beans, Broccoli w/Dip, Sliced Peaches and Applesauce
W	10/18	Meatball Parmesan Sandwich on a Sub, Seasoned Steamed Carrots, Cuc w/dip, Pears, Fresh Apple
TH	10/19	BBQ Pulled Pork Sandwich w/ Provolone Cheese, Black Beans & Corn, Corn, Fresh Grapes, Diced Pear
F	10/20	Chicken Parmesan on a Kaiser Roll, Seasoned Green Beans, Carrot Sticks, Fresh Orange, Diced Pears

M	10/23	Pizza Dippers with Marinara Sauce, Corn, Fresh Salad, Apple Slices w/Cinnamon, Pineapple Chunks
T	10/24	Cheese Ravioli with Spaghetti Sauce, Seasoned Peas, Tossed Salad, Pineapple Tidbits, Fresh Apple
W	10/25	Macaroni & Cheese, Tomato Vegetable Soup, Baby Carrots w/dip, Fresh Grapes, Chilled Pears
TH	10/26	Teriyaki Chicken over Rice, Oriental Vegetables, Baby Carrots w/Dip, Mandarin Oranges, Pears
F	10/27	Spaghetti w/Meatballs, Tossed Salad, Baby Carrots w/dip, Applesauce, Orange

M	10/30	Baked Potato Bar w/Meat Sauce, Broccoli, Sour Cream, Bacon Bits Fresh Baby Carrots, Chilled Pears & Peaches
T	10/31	Flatbread BBQ Chicken, Creamy Potato Salad, Baked Beans, Fresh Apple, Chilled Fruit Cocktail



Cheeseburger, Grilled Chicken, Chicken Patty, Vegetarian Burgers



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



Traditional Salad Bar and Specialty Salad Bar



Two Pasta's and Two Sauces Available Daily



Two Soups and/or Chili Daily



Mickey's Cheese Pizza Plus One Daily Special



Premade Salads, Wraps, Deli Sandwiches

Point of Sale payments can be made by check or cash. Please include your child's name and pin # with all pre-payments. You may also pay online at www.paypams.com. PayPams registration is FREE giving you access to account balances and statements. PayPams charges \$1.95 transaction fee for deposits made online, but all other services are free.

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