

HELP WANTED

Part-time General Kitchen Worker. 9:00AM to 1:30PM
Apply at
<https://www.tesd.net/Page/210>

Conestoga High School Lunch Menu

January to April 2020

Meal Prices

Student Lunch: \$ 3.45
Premium Lunch: \$ 4.70
Reduced Lunch: \$.40
Adult Lunch: \$ 4.50

FOOD COURT STATIONS AVAILABLE DAILY

Cheeseburger, Grilled Chicken, Chicken Patty, Vegetarian Burgers



Ham, Turkey, Roast Beef, Tuna & Chicken Salad, Spicy Ham, Salami, 3 Cheeses and Bread and Kaiser Rolls



Traditional Salad Bar and Specialty Salad Bar



Mickey's Cheese Pizza Plus one Daily Specialty Pie



2 Pasta's and 2 Sauces Available Daily



Soups and Walking Taco Bar



The Express Premade Salads, Wraps, Deli Sandwiches



8oz 1% White Milk, Non-fat White Milk and Non-fat Chocolate Milk included with all Meals
Assorted Fresh Fruit, Canned Fruit and 4oz 100% Apple and Grape Juice Available Daily

January				
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31
February				
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
March				
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			
April				
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

DAILY ENTRÉE**DAILY SIDES**

M Pulled Pork Sandwich w/Provolone	Sauteed Spinach, Potato Salad
T Sheppards Pie (meat and vegetables in gravy, topped with mashed potatoes)	Dinner Roll, Cuc Slc's w/Dip
W Grilled Cheese Sandwich	Tomato Soup, Tossed Salad
Th Cheese Ravioli with Tomato Sauce	Green Beans, Baby Carrots w/Dip
F French Bread Pizza	Tossed Salad, Red & Gr Pepper Strips
M Chicken Tenders with Dipping Sauce	Baked Beans, Baby Carrots
T Stuffed Shells with Spaghetti Sauce	Tossed Salad, Broccoli w/Dip
W Soft Beef Taco	Lettuce, Tomato, Salsa, Corn
Th Pizza Dippers with Marinara Sauce	Steamed Carrots, Salad
F Chicken Parm over Pasta	Tossed Salad, Broccoli w/Dip
M Cheese Steak with Fried Onions & Sauce	Baked Beans, Baby Carrots
T Pulled BBQ Pork on a Kaiser	Coleslaw, Steamed Corn
W General Tso's Chicken over Rice	Oriental Veggies, Broccoli/Dip
Th Meatball Parm Sandwich	Baked French Fries, Cuc Slices/Dip
F Popcorn Chicken	Tossed Salad, Celery Stix/Dip
M Hot Roast Beef Sandwich on a Kaiser Roll	Coleslaw, Cuc Slices
T Chicken Jambalya over Rice	Tossed Salad, Baby Carrots
W 6" Personal Pizza	Tomato Soup, Broccoli w/Dip
Th Italian Hoagie	French Fries, Cuc Slices
F Pizza Chicken & Cheese Quesadilla w/Salsa	Corn & Tossed Salad

IMPORTANT:

Please manage your child's cafeteria account by registering at www.schoolcafe.com for our on-line cafeteria services. View your child's account balance, statement & receive low balance emails! Once registered please enable the email notification for each child. Deposits made on-line will incur a \$2.25 fee. All other services are FREE! You may still pay by cash or check. Checks should be made payable to "TESD Caf. Fund."