

Prices 2024-2025
 Student \$2.90
 Reduced FREE
 Adult \$5.00
 Milk .70

ConestogaValley HS
OCTOBER 2024
Lunch

Prepared by CVSD 556-0025
 *Menu subject to change.
 Fat Free Flavored Milk Served Daily
 All Meals Include – Meat/Meat Alt.,
 W. Grain, Vegetable, Fruit, Milk

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Lasagna Roll Up / WG Garlic Knot California Blend Veggies Spinach Salad Pineapple Tidbits / Fresh Fruit CHICKEN FILLET SANDWICH	2 Jumbo Hotdog on WG Roll Baked Beans French Fries Cauliflower Florets Pears / Fresh Fruit TURKEY & CHEESE MELT	3 Pork Burrito Bowl w/ Beans, Brown Rice and Cheese Tortilla Chips and Salsa Steamed Corn Celery Sticks Mandarin Oranges / Fresh Fruit BUFFALO CHICKEN SANDWICH	4 Pretzel Bun with Cheese Tomato Soup w/WG Saltine Crackers Cucumber Coins Applesauce / Fresh Fruit NO HOT COMBO
7 Chicken Patty on WG Roll Sandwich Fixings – Lettuce / Tomato WG Goldfish Crackers Mixed Vegetable Blend Grape Tomatoes Peaches / Fresh Fruit NO HOT COMBO	8 Chili / Cornbread Cheese Crunchers Glazed Carrots Broccoli Florets Mandarin Oranges / Fresh Fruit TURKEY & CHEESE MELT	9 Turkey & Gravy over a Belgian Waffle Steamed Peas Cucumber Coins Apple Slices / Fresh Fruit NO HOT COMBO	10 EARLY DISMISSAL Mickey's Pizza Fresh Veggie Bar Fresh Fruit NO HOT COMBO	11 NO SCHOOL
14 NO SCHOOL	15 Pizza Sticks/Marinara Sauce Glazed Carrots Roasted Garbanzo Beans Tossed Romaine Salad Applesauce / Fresh Fruit NO HOT COMBO	16 Chicken Alfredo / WG Garlic Knot Steamed Green Beans Green Pepper Slices Pineapple Tidbits / Fresh Fruit HAM & CHEESE MELT	17 Buckskin Meatloaf Buttered Rotini Steamed Peas Grape Tomatoes Strawberry Cups / Fresh Fruit BUFFALO CHICKEN SANDWICH	18 Walking Taco Lettuce/Tomatoes/Cheese Cup Tex Mex Veggies Baby Carrots Pears / Fresh Fruit NO HOT COMBO
21 Buckskin Bowl / WG Roll Steamed Broccoli & Cauliflower Cucumber Coins Strawberry Cups / Fresh Fruit NO HOT COMBO	22 Three Cheese Cavatappi Italian meatballs w/ Marinara Steamed Tuscan Blend Green Pepper Slices Fruit Mix / Fresh Fruit GRILLED CHICKEN SANDWICH	23 Sweet & Sour Chicken w/ Fried Rice Mini Egg Roll & Fortune Cookie Steamed Stir Fry Veggies Cauliflower Florets Pineapple Tidbits / Fresh Fruit PORK BBQ SANDWICH	24 Cheeseburger on WG Roll French Fries Baked Beans Baby Carrots Applesauce / Fresh Fruit NO HOT COMBO	25 EARLY DISMISSAL Mickey's Pizza Fresh Veggie Bar Fresh Fruit NO HOT COMBO
28 Chicken Nuggets / WG Dinner Roll Mashed Potatoes and Gravy Steamed Broccoli Baby Carrots Apple Slices / Fresh Fruit NO HOT COMBO	29 Pork Burrito Bowl w/ Beans, Brown Rice and Cheese Tortilla Chips and Salsa Steamed Corn Celery Sticks Mandarin Oranges / Fresh Fruit BUFFALO CHICKEN SANDWICH	30 Lasagna Roll Up / WG Garlic Knot California Blend Veggies Spinach Salad Pineapple Tidbits / Fresh Fruit CHICKEN FILLET SANDWICH	31 Jumbo Hotdog on WG Roll Baked Beans French Fries Cauliflower Florets Pears / Fresh Fruit TURKEY & CHEESE MELT	Daily Options may include: Fruit Bar - Apples, Bananas, Oranges, Pears, Grapes, Seasonal Fruits and Dried Fruits Fresh Veggie Bar – Bell Peppers, Broccoli, Cauliflower, Tomatoes, Celery, Baby Carrots, Mini Salads, Cucumbers

Daily Salad Option may include: Vegetarian, Buffalo Chicken, Grilled Chicken, Chef, Italian, Cobb, and Seasonal Favorites.

Salad Ingredients may include: Mixed Greens (Iceberg, Spinach, Spring Mix, Romaine). Bell Pepper, Broccoli, Carrot, Cauliflower, Celery, Cucumber, Olives (green or ripe), Onion (red or white), Radish and Tomato. Craisins and Mandarin Oranges. Cheese (cheddar and mozzarella), Egg, Chicken, Ham, Turkey, and Pepperoni. WG Roll w/Butter and Croutons.

***ALL Meals offer:** Meat/Meat Alt., Whole Grains, Vegetable, Fruit, Milk