

Prices 2025-2026
 Student \$2.90
 Reduced FREE
 Adult \$5.00
 Milk .70

ConestogaValley HS
October 2025
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
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		1 Mini Perogies, Mozzarella Sticks, Chicken Poppers / Marinara Sauce Italian Blend Veggies Baby Carrots Fruit Mix / Fresh Fruit MEATBALL SANDWICH	2 Buffalo Chicken Pizza Steamed Peas Romaine Tossed Salad Garbanzo Beans Sweet Pepper Slices Fruit Gels / Fresh Fruit STEAK SANDWICH	3 Roast Turkey & Gravy w/ Dinner Roll Mashed Potatoes/ Stuffing Green Beans Cucumber Coins Apple Slices / Fresh Fruit NO HOT COMBO
6 Pizza Sticks/Marinara Sauce Glazed Carrots Roasted Garbanzo Beans Spinach Salad Peach Cups / Fresh Fruit NO HOT COMBO	7 Buckskin Meatloaf Buttered Rotini Steamed Peas Baby Carrots Strawberry Cups / Fresh Fruit HAM & CHEESE SANDWICH	8 Chicken Alfredo / WG Garlic Knot Steamed Broccoli Green Pepper Slices Pears / Fresh Fruit STEAK SANDWICH	9 Walking Taco Lettuce/Tomato/Cheese Cup Tex Mex Veggie Blend Grape Tomatoes Apple Slices / Fresh Fruit NO HOT COMBO	10 EARLY DISMISSAL Mickey's Pizza Fresh Veggie Bar Fresh Fruit NO HOT COMBO
13 NO SCHOOL	14 Buckskin Bowl / WG Roll Steamed Broccoli & Cauliflower Cucumber Coins Strawberry Cups / Fresh Fruit NO HOT COMBO	15 Teriyaki Dippers w/ Fried Rice Mini Egg Roll & Fortune Cookie Steamed Stir Fry Veggies Cauliflower Florets Mandarin Oranges / Fresh Fruit PORK BBQ SANDWICH	16 Three Cheese Cavatappi Italian Meatballs w/ Marinara Sauce Steamed Tuscan Veggie Blend Green Pepper Slices Fruit Mix / Fresh Fruit TURKEY & CHEESE MELT	17 Cheeseburger on WG Roll French Fries Baked Beans Baby Carrots Applesauce / Fresh Fruit NO HOT COMBO
20 Chicken Nuggets / WG Dinner Roll Mashed Potatoes and Gravy Steamed Broccoli Baby Carrots Apple Slices / Fresh Fruit NO HOT COMBO	21 Lasagna Roll Up / WG Garlic Knot California Blend Veggies Spinach Salad Sweet Pepper Slices Fruit Gels / Fresh Fruit STEAK SANDWICH	22 Pork Burrito Bowl w/ Beans, Brown Rice and Cheese Tortilla Chips and Salsa Steamed Corn Celery Sticks Mandarin Oranges / Fresh Fruit BUFFALO CHICKEN SANDWICH	23 Jumbo Hotdog on WG Roll Baked Beans French Fries Cauliflower Florets Pears / Fresh Fruit TURKEY & CHEESE MELT	24 Pretzel Bun with Cheese Tomato Soup w/ WG Crackers Roasted Garbanzo Beans Cucumber Coins Apple Sauce / Fresh Fruit NO HOT COMBO
27 Chicken Patty on WG Roll Sandwich Fixings – Lettuce / Tomato WG Goldfish Crackers Autumn Blend Veggie Mix Grape Tomatoes Peaches / Fresh Fruit NO HOT COMBO	28 Mini Perogies, Mozzarella Sticks, Chicken Poppers / Marinara Sauce Italian Blend Veggies Baby Carrots Fruit Mix / Fresh Fruit MEATBALL SANDWICH	29 Chili / Cornbread Cheese Crunchers Glazed Carrots Broccoli Florets Mandarin Oranges / Fresh Fruit HAM & CHEESE MELT	30 Chicken Tenders w / WG Roll Macaroni and Cheese Steamed Peas Cucumber Coins Apple Slices / Fresh Fruit NO HOT COMBO	31 EARLY DISMISSAL Mickey's Pizza Fresh Veggie Bar Fresh Fruit NO HOT COMBO HAPPY HALLOWEEN!

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

