

Prices 2023-24

Student Lunch \$2.90

Reduced - FREE

Adult Lunch \$4.80

Ala Carte Milk .70

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

**Conestoga Valley HS  
AUGUST  
Lunch 2023**

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	2 <b>WELCOME BACK!</b>	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23 Cheeseburger on WG Roll French Fries Baked Beans Baby Carrots Peaches / Fresh Fruit  <b>NO HOT COMBO</b>	24 Pretzel Bun with Cheese Tomato Soup w/ WG Saltine Crackers Cucumber Coins Applesauce / Fresh Fruit  <b>NO HOT COMBO</b>	25 Buckskin Bowl / WG Dinner Roll Steamed Broccoli & Cauliflower Cucumber Coins Applesauce / Fresh Fruit  <b>NO HOT COMBO</b>
28 Chicken Nuggets / WG Dinner Roll Mashed Potatoes & Gravy Steamed Broccoli Baby Carrots Apple Slices / Fresh Fruit  <b>NO HOT COMBO</b>	29 Jumbo Hotdog on WG Roll Baked Beans French Fries Cauliflower Florets Pears / Fresh Fruit  <b>CHICKEN FILLET SANDWICH</b>	30 Lasagna Roll Up / WG Garlic Knot California Blend Veggies Spinach Salad Pineapple Tidbits / Fresh Fruit  <b>STEAK SANDWICH</b>	31 <b>EARLY DISMISSAL</b> Mickey's Pizza Fresh Veggie Bar Mandarin Oranges / Fresh Fruit  <b>NO HOT COMBO</b>	

**Daily Salad Option may include:** Vegetarian, Buffalo Chicken, Grilled Chicken, Chef, Italian, 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

