

Prices 2022-23

Student Lunch \$2.90

Adult Lunch \$4.80

Ala Carte Milk .70

Prepared by CVSD 556-0025

* Menu subject to change*

Fat Free Flavored Milk Served Daily

Conestoga Valley HS NOVEMBER Lunch 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mickey's Pizza Slice Steamed Carrots Spinach Salad Roasted Garbanzo Beans Mandarin Oranges / Fresh Fruit BUFFALO CHICKEN SANDWICH	2 Chicken Alfredo / WG Garlic Knot Steamed Green Beans Grape Tomatoes Strawberry Cups / Fresh Fruit HAM & CHEESE MELT	3 Three Cheese Cavatappi Italian Meatballs w/ Marinara Vegetarian Blend Veggies Green Pepper Slices Fruit Mix / Fresh Fruit PORK BBQ SANDWICH	4 Cheeseburger on WG Roll French Fries Baked Beans Baby Carrots Applesauce / Fresh Fruit NO HOT COMBO
7 Chicken Nuggets / WG Dinner Roll Mashed Potatoes and Gravy Steamed Broccoli Baby Carrots Peaches / Fresh Fruit NO HOT COMBO	8 Jumbo Hotdog on WG Roll Baked Beans French Fries Cauliflower Florets Pears / Fresh Fruit STEAK SANDWICH	9 Lasagna Roll Up / WG Garlic Knot California Blend Veggies Spinach Salad Pineapple Tidbits / Fresh Fruit CHICKEN FILLET SANDWICH	10 Burrito Bowl Pork, Beans, Brown Rice, Corn & Cheese Crispy Round Tortillas w/ Salsa Steamed Corn Baby Carrots Mandarin Oranges / Fresh Fruit MEATBALL SANDWICH	11 Cheesy Pull- Aparts Tomato Soup w/ WG Crackers Cucumber Coins Cho. Chip Cookie Applesauce / Fresh Fruit NO HOT COMBO
14 Chicken Patty on WG Roll Sandwich Fixings – Lettuce / Tomato WG Goldfish Crackers Autumn Blend Veggies Grape Tomatoes Peaches / Fresh Fruit NO HOT COMBO	15 Roast Turkey & Gravy with Mashed Potatoes, Stuffing, & WG Dinner Roll Steamed Green Beans Broccoli Florets Applesauce / Fresh Fruit Pumpkin Pie 🍂	16 Mini Perogies, Mozzarella Sticks & Boneless Chix Wings / Marinara Sauce Steamed Broccoli Baby Carrots Fruit Mix / Fresh Fruit HAM & CHEESE MELT	17 Chili / Cornbread Cheese Crunchers Glazed Carrots Cauliflower Florets Mandarin Oranges / Fresh Fruit TURKEY & CHEESE MELT	18 Buffalo Chicken Boat / WG Dinner Roll Cheesy Potatoes Steamed Peas Cucumber Coins Garbanzo Beans Apple Slices / Fresh Fruit NO HOT COMBO
21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 HAPPY THANKSGIVING! NO SCHOOL	25 NO SCHOOL
28 Walking Taco Lettuce/Tomatoes/Cheese Cup Tex Mex Veggies Grape Tomatoes Peaches / Fresh Fruit NO HOT COMBO	29 Sweet & Sour Chicken w/ Fried Rice Mini Egg Roll & Fortune Cookie Steamed Stir Fry Veggies Cucumber Coins Pineapple Tidbits / Fresh Fruit SAUSAGE SANDWICH	30 Buckskin Meatloaf Buttered Rotini Steamed Peas Baby Carrots Strawberry Cup / Fresh Fruit HAM & CHEESE MELT		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, 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, Mandarin Oranges. Cheese (cheddar and mozzarella), Egg, Chicken, Ham, Turkey, and Pepperoni. WG Roll w/Butter and Croutons.

***ALL Meals include:** Meat/Meat Alt., Whole Grain, Vegetable, Fruit, Milk