

Prices 2023-2024
 Student \$2.90
 Reduced FREE
 Adult \$4.80
 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
 SEPTEMBER
 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 NO SCHOOL
4 NO SCHOOL	5 Chicken Tenders / WG Dinner Roll Macaroni & Cheese Steamed Peas Cucumber Coins Apple Slices / Pudding / Fresh Fruit NO HOT COMBO	6 Chili / Cornbread Cheese Crunchers Glazed Carrots Cauliflower Florets Mandarin Oranges / Fresh Fruit TURKEY & CHEESE MELT	7 Mini Perogies, Mozzarella Sticks & Boneless Chix Wings / Marinara Sauce Steamed Broccoli Baby Carrots Fruit Mix / Fresh Fruit HAM & CHEESE MELT	8 Chicken Patty on WG Roll Sandwich Fixings – Lettuce / Tomato WG Goldfish Crackers Autumn Blend Veggies Grape Tomatoes Peaches / Fresh Fruit NO HOT COMBO
11 Walking Taco Lettuce/Tomatoes/Cheese Cup Tex Mex Veggies Grape Tomatoes Peaches / Fresh Fruit NO HOT COMBO	12 Buffalo Chicken Queso Dip w/ Soft Pretzel Rods Steamed Broccoli Cucumber Coins Strawberry Cups / Fresh Fruit MEATBALL SANDWICH	13 Chicken Alfredo / WG Garlic Knot Steamed Green Beans Green Pepper Slices Pineapple Tidbits / Fresh Fruit HAM & CHEESE MELT	14 Buckskin Meatloaf Buttered Rotini Steamed Peas Baby Carrots Peaches / Fresh Fruit GRILLED CHICKEN SANDWICH	15 EARLY DISMISSAL Mickey's pizza Fresh Veggie Bar Fresh Fruit
18 NO SCHOOL	19 Buckskin Bowl / WG Roll Steamed Broccoli & Cauliflower Cucumber Coins Pears / Fresh Fruit NO HOT COMBO	20 Sweet & Sour Chicken w/ Fried Rice Mini Egg Roll & Fortune Cookie Steamed Stir Fry Veggies Grape Tomatoes Pineapple Tidbits / Fresh Fruit SAUSAGE SANDWICH	21 Pizza Sticks / Marinara Sauce Glazed Carrots Roasted Garbanzo Beans Spinach Salad Applesauce / Fresh Fruit NO HOT COMBO	22 Cheeseburger on WG Roll French Fries Baked Beans Baby Carrots Applesauce / Fresh Fruit NO HOT COMBO
25 Chicken Nuggets / WG Dinner Roll Mashed Potatoes and Gravy Steamed Broccoli Baby Carrots Apple Slices / Fresh Fruit NO HOT COMBO	26 Jumbo Hotdog on WG Roll Baked Beans French Fries Cauliflower Florets Pears / Fresh Fruit CHICKEN FILLET SANDWICH	27 Pork Burrito Bowl w/ Beans, Brown Rice, and Cheese Tortilla Chips with Salsa Steamed Corn Celery Sticks Mandarin Oranges / Fresh Fruit TURKEY MELT	28 Lasagna Roll Up w/ WG Garlic Knot California Blend Veggies Spinach Salad Pineapple Tidbits / Fresh Fruit STEAK SANDWICH	29 Pretzel Bun with Cheese Tomato Soup w/ WG Saltine Crackers Cucumber Coins Applesauce / Fresh Fruit NO HOT COMBO

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