

Prices 2023-2024
 Student \$2.90
 Reduced FREE
 Adult \$4.80
 Milk .70

**Conestoga Valley HS
 OCTOBER
 Lunch 2023**

Prepared by CVSD556-0025
 * 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
2 Chicken Tenders / WG Dinner Roll Macaroni & Cheese Steamed Peas Cucumber Coins Apple Slices / Pudding / Fresh Fruit NO HOT COMBO	3 Chili / Cornbread Cheese Crunchers Glazed Carrots Cauliflower/Broccoli Florets Mandarin Oranges / Fresh Fruit TURKEY & CHEESE MELT	4 Chicken Patty on WG Roll Sandwich Fixings – Lettuce / Tomato WG Goldfish Crackers Autumn Blend Veggies Grape Tomatoes Peaches / Fresh Fruit NO HOT COMBO	5 EARLY DISMISSAL French Bread Pizza Fresh Veggie Bar Fresh Fruit NO HOT COMBO	6 NO SCHOOL
9 NO SCHOOL	10 Walking Taco Lettuce/Tomatoes/Cheese Cup Tex Mex Veggies Grape Tomatoes Pears / Fresh Fruit NO HOT COMBO	11 Chicken Alfredo / WG Garlic Knot Steamed Green Beans Green Pepper Slices Pineapple Tidbits / Fresh Fruit HAM & CHEESE MELT	12 Buckskin Meatloaf Buttered Rotini Steamed Peas Baby Carrots Peaches / Fresh Fruit STEAK SANDWICH	13 Pizza Sticks/Marinara Sauce Glazed Carrots Roasted Garbanzo Beans Spinach Salad Applesauce / Fresh Fruit NO HOT COMBO
16 Buckskin Bowl / WG Roll Steamed Broccoli & Cauliflower Cucumber Coins Pears / Fresh Fruit NO HOT COMBO	17 Three Cheese Cavatappi Italian Meatballs w/ Marinara Steamed Vegetarian Blend Green Pepper Slices Fruit Mix / Fresh Fruit GRILLED CHICKEN SANDWICH	18 Sweet & Sour Chicken w/ Fried Rice Mini Egg Roll & Fortune Cookie Steamed Stir Fry Veggies Grape Tomatoes Pineapple Tidbits / Fresh Fruit PORK BBQ SANDWICH	19 Buffalo Chicken Pizza Autumn Blend Veggies Spinach Salad Mandarin Oranges / Fresh Fruit HAM & CHEESE MELT	20 Cheeseburger on WG Roll French Fries Baked Beans Baby Carrots Applesauce / Fresh Fruit NO HOT COMBO
23 Chicken Nuggets / WG Dinner Roll Mashed Potatoes and Gravy Steamed Broccoli Baby Carrots Apple Slices / Fresh Fruit NO HOT COMBO	24 Jumbo Hotdog on WG Roll Baked Beans French Fries Cauliflower Florets Pears / Fresh Fruit CHICKEN FILLET SANDWICH	25 Pork Burrito Bowl w/ Beans, Brown Rice, and Cheese Tortilla Chips and Salsa Steamed Corn Celery Sticks Pineapple Tidbits / Fresh Fruit BEAN & CHEESE BURRITO	26 Pretzel Bun with Cheese Tomato Soup w/WG Saltine Crackers Cucumber Coins Applesauce / Fresh Fruit NO HOT COMBO	27 EARLY DISMISSAL Mickey's Pizza Fresh Veggie Bar Fresh Fruit NO HOT COMBO
30 Chicken Patty on WG Roll Sandwich Fixings – Lettuce / Tomato WG Goldfish Crackers Autumn Blend Veggies Grape Tomatoes Peaches / Fresh Fruit NO HOT COMBO	31 Mini Perogies, Mozzarella Sticks & Boneless Chix Wings / Marinara Sauce Steamed Broccoli Baby Carrots Fruit Mix / Fresh Fruit BUFFALO CHICKEN SANDWICH			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 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