

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

**Conestoga Valley HS  
 NOVEMBER  
 Lunch 2023**

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		<sup>1</sup> Buffalo Pizza Steamed Broccoli/Cauliflower Spinach Salad Roasted Garbanzo Beans Pears / Fresh Fruit  CHEESEBURGER	<sup>2</sup> Chili / Cornbread Cheese Crunchers Glazed Carrots Cauliflower Florets Mandarin Oranges / Fresh Fruit  TURKEY & CHEESE MELT	<sup>3</sup> Chicken Tenders / WG Dinner Roll Macaroni & Cheese Steamed Peas/ Cucumber Coins Apple Slices / Pudding / Fresh Fruit  <b>NO HOT COMBO</b>
<sup>6</sup> Walking Taco Lettuce/Tomatoes/Cheese Cup Tex Mex Veggies Grape Tomatoes Pears / Fresh Fruit  <b>NO HOT COMBO</b>	<sup>7</sup> <b>HOLIDAY MEAL</b> Roast Turkey w/ Gravy Stuffing Mashed Potatoes, Candied Yams Peas, Pumpkin Pie, Fresh Fruit <b>NO HOT COMBO</b>	<sup>8</sup> Chicken Alfredo / WG Garlic Knot Steamed Green Beans Green Pepper Slices Pineapple Tidbits / Fresh Fruit  HAM & CHEESE SANDWICH	<sup>9</sup> Buckskin Meatloaf Buttered Rotini Steamed Peas Baby Carrots Peaches / Fresh Fruit  STEAK SANDWICH	<sup>10</sup> Pizza Sticks/Marinara Sauce Glazed Carrots Roasted Garbanzo Beans Spinach Salad Applesauce / Fresh Fruit  <b>NO HOT COMBO</b>
<sup>13</sup> Roasted Buffalo Chicken / WG Roll Cheesy Scalloped Potatoes Steamed Broccoli & Cauliflower Cucumber Coins Pears / Fresh Fruit  <b>NO HOT COMBO</b>	<sup>14</sup> Three Cheese Cavatappi Italian Meatballs w/ Marinara Vegetarian Blend Veggies Green Pepper Slices Fruit Mix / Fresh Fruit  GRILLED CHICKEN SANDWICH	<sup>15</sup> Sweet & Sour Chicken w/ Fried Rice Mini Egg Roll & Fortune Cookie Steamed Stir Fry Veggies Grape Tomatoes Pineapple Tidbits / Fresh Fruit  PORK BBQ SANDWICH	<sup>16</sup> Cheeseburger on WG Roll French Fries Baked Beans Baby Carrots Applesauce / Fresh Fruit  <b>NO HOT COMBO</b>	<sup>17</sup> <b>EARLY DISMISSAL</b>  French Bread Pizza Fresh Veggie Bar Fresh Fruit  <b>NO HOT COMBO</b>
<sup>20</sup>  <b>NO SCHOOL</b>	<sup>21</sup>  <b>NO SCHOOL</b>	<sup>22</sup>  <b>NO SCHOOL</b>	<sup>23</sup>  <b>NO SCHOOL</b>	<sup>24</sup>  <b>NO SCHOOL</b>
<sup>27</sup>  <b>NO SCHOOL</b>	<sup>28</sup> Chicken Nuggets / WG Dinner Roll Mashed Potatoes and Gravy Steamed Broccoli Baby Carrots Apple Slices / Fresh Fruit  <b>NO HOT COMBO</b>	<sup>29</sup> Jumbo Hotdog on WG Roll Baked Beans French Fries Cauliflower Florets Pears / Fresh Fruit  TURKEY & CHEESE MELT	<sup>30</sup> Pork Burrito Bowl w/ Beans, Brown Rice, And Cheese Tortilla Chips W / Salsa Steamed Corn Celery Sticks Pineapple Tidbits/Fresh Fruit  BEAN & CHEESE BURRITO	

**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