

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

# **Conestoga Valley HS DECEMBER 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				1 Pretzel Bun with Cheese Tomato Soup w/WG Saltine Crackers Cucumber Coins Applesauce / Fresh Fruit  <b>NO HOT COMBO</b>
4 Chicken Patty on WG Roll Sandwich Fixings – Lettuce / Tomato WG Goldfish Crackers Autumn Blend Veggies Grape Tomatoes Peaches / Fresh Fruit <b>NO HOT COMBO</b>	5 Mini Perogies, Mozzarella Sticks & Boneless Chix Wings / Marinara Sauce Steamed Broccoli Baby Carrots Fruit Mix / Fresh Fruit  BUFFALO CHICKEN SANDWICH	6 Chili / Cornbread Cheese Crunchers Glazed Carrots Cauliflower Florets Mandarin Oranges / Fresh Fruit  TURKEY & CHEESE MELT	7 Buffalo Chicken Pizza Steamed Broccoli/Cauliflower Spinach Salad Roasted Garbanzo Beans Pears / Fresh Fruit  CHEESEBURGER	8 Chicken Tenders / WG Dinner Roll Macaroni & Cheese Steamed Peas/ Cucumber Coins Apple Slices / Pudding / Fresh Fruit  <b>NO HOT COMBO</b>
11 Walking Taco Lettuce/Tomatoes/Cheese Cup Tex Mex Veggies Grape Tomatoes Pears / Fresh Fruit  <b>NO HOT COMBO</b>	12 Chicken Alfredo / WG Garlic Knot Steamed Green Beans Green Pepper Slices Pineapple Tidbits / Fresh Fruit  HAM & CHEESE SANDWICH	13 Teriyaki Beef Dippers Steamed Brown Rice Stir Fry Veggie Blend Baby Carrots Peaches / Fresh Fruit  STEAK SANDWICH	14 Buffalo Chicken Queso Dip w/ Soft Pretzels Steamed Broccoli Cucumber Coins Mandarin Oranges / Fresh Fruit  MEATBALL SANDWICH	15 Pizza Sticks/Marinara Sauce Glazed Carrots Roasted Garbanzo Beans Spinach Salad Applesauce / Fresh Fruit  <b>NO HOT COMBO</b>
18 Buckskin Bowl / WG Roll Steamed Broccoli & Cauliflower Cucumber Coins Pears / Fresh Fruit  <b>NO HOT COMBO</b>	19 Three Cheese Cavatappi Italian Meatballs w/ Marinara Steamed Vegetarian Blend Green Pepper Slices Fruit Mix / Fresh Fruit  GRILLED CHICKEN SANDWICH	20 Sweet & Sour Chicken w/ Fried Rice Mini Egg Roll & Fortune Cookie Steamed Stir Fry Veggies Grape Tomatoes Pineapple Tidbits / Fresh Fruit  PORK BBQ SANDWICH	21 Cheeseburger on WG Roll French Fries Baked Beans Baby Carrots Applesauce / Fresh Fruit  <b>NO HOT COMBO</b>	22 <b>EARLY DISMISSAL</b>  French Bread Pizza Fresh Veggie Bar Fresh Fruit  <b>NO HOT COMBO</b>
25   <b>NO SCHOOL</b>	26   <b>NO SCHOOL</b>	27   <b>NO SCHOOL</b>	28   <b>NO SCHOOL</b>	29   <b>NO SCHOOL</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