

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

ConestogaValley HS January Lunch 2024

PreparedbyCVSD556-0025
 *Menusubjecttochange.
 Fat Free Flavored Milk Served Daily
 All Meals Include – Meat/Meat Alt.,
 W. Grain, Vegetable, Fruit, Milk

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 NO SCHOOL	3 Chicken Nuggets Mashed Potatoes and Gravy Steamed Broccoli Baby Carrots Apple Slices / Fresh Fruit NO HOT COMBO or SALAD COMBO	4 Jumbo Hotdog on WG Roll Baked Beans French Fries Cauliflower Florets Pears / Fresh Fruit TURKEY & CHEESE MELT	5 Pretzel Bun with Cheese Tomato Soup w/WG Saltine Crackers Cucumber Coins Applesauce / Fresh Fruit NO HOT COMBO
8 Chicken Patty on WG Roll Sandwich Fixings – Lettuce / Tomato WG Goldfish Crackers Autumn Blend Veggies Grape Tomatoes Mandarin Oranges / Fresh Fruit NO HOT COMBO	9 French Bread Pizza Mini Spinach Salad Roasted Garbanzo Bean Snack Fresh Veggie Bar Applesauce / Fresh Fruit KEYSTONE TESTING	10 Chicken Fillet Sandwich Lettuce & Tomato Snack Bag Fresh Veggie Bar Apple Slices / Fresh Fruit KEYSTONE TESTING	11 Cheeseburger on WG Kaiser Roll Lettuce & Tomato Potato Chips Fresh Veggie Bar Peach Cups / Fresh Fruit KEYSTONE TESTING	12 Chicken Tenders / WG Dinner Roll Macaroni & Cheese Steamed Peas Baby Carrots Pears / Pudding / Fresh Fruit NO HOT COMBO
15 NO SCHOOL	16 Walking Taco Lettuce/Tomatoes/Cheese Cup Tex Mex Veggies Grape Tomatoes Pears / Fresh Fruit NO HOT COMBO	17 Chicken Alfredo / WG Garlic Knot Steamed Green Beans Green Pepper Slices Pineapple Tidbits / Fresh Fruit HAM & CHEESEMELT	18 Pizza Sticks/Marinara Sauce Glazed Carrots Roasted Garbanzo Beans Spinach Salad Applesauce / Fresh Fruit NO HOT COMBO	19 NO SCHOOL
22 NO SCHOOL	23 Buckskin Bowl / WG Roll Steamed Broccoli & Cauliflower Cucumber Coins Pears / Fresh Fruit NO HOT COMBO	24 Sweet & Sour Chicken w/ Fried Rice Mini Egg Roll & Fortune Cookie Steamed Stir Fry Veggies Grape Tomatoes Pineapple Tidbits / Fresh Fruit PORK BBQ SANDWICH	25 Three Cheese Cavatappi Italian Meatballs w/ Marinara Steamed Vegetarian Blend Green Pepper Slices Fruit Mix / Fresh Fruit GRILLED CHICKEN SANDWICH	26 Cheeseburger on WG Roll French Fries Baked Beans Baby Carrots Applesauce / Fresh Fruit NO HOT COMBO
29 Chicken Nuggets / WG Dinner Roll Mashed Potatoes and Gravy Steamed Broccoli Baby Carrots Apple Slices / Fresh Fruit NO HOT COMBO	30 Pork Burrito Bowl w/ Beans, Brown Rice, & Cheese Tortilla Chips w/ Salsa Steamed Corn Celery Sticks Mandarin Oranges / Fresh Fruit BEAN & CHEESE BURRITO	31 Jumbo Hotdog on WG Roll Baked Beans French Fries Cauliflower Florets Pears / Fresh Fruit TURKEY & 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 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