

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

## ConestogaValley HS March Lunch 2024

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  |
|---|---|--|---|---|
| Fruit Bar - Apples, Bananas, Oranges, Pears, Grapes, Seasonal Fruits and Dried Fruits<br>Fresh Veggie Bar – Bell Peppers, Broccoli, Cauliflower, Tomatoes, Celery, Baby Carrots, Mini Salads, Cucumbers |   |  |   | 1<br>Pretzel Bun with Cheese<br>Tomato Soup w/WG Saltine Crackers<br>Cucumber Coins<br>Applesauce / Fresh Fruit<br><br><b>NO HOT COMBO</b>            |
| 4<br>Roasted Buffalo Chicken/ WG Roll<br>Cheesy Scalloped Potatoes<br>Steamed Green Beans<br>Grape Tomatoes<br>Peaches / Fresh Fruit<br><br><b>NO HOT COMBO</b>   | 5<br>Mini Perogies, Mozzarella Sticks & Boneless Chix Wings / Marinara Sauce<br>Steamed Broccoli<br>Baby Carrots<br>Fruit Mix / Fresh Fruit<br><br>GRILLED CHICKEN SANDWICH | 6<br>Chili / Cornbread<br>Cheese Crunchers<br>Glazed Carrots<br>Cauliflower/Broccoli Florets<br>Mandarin Oranges / Fresh Fruit<br><br>TURKEY & CHEESE MELT                           | 7<br>Chicken Tenders / WG Dinner Roll<br>Macaroni & Cheese<br>Steamed Peas<br>Cucumber Coins<br>Apple Slices / Pudding / Fresh Fruit<br><br><b>NO HOT COMBO</b> | 8<br><b>EARLY DISMISSAL</b><br>Mickey's Pizza<br>Roasted garbanzo Beans<br>Fresh Veggie Bar<br>Fresh Fruit<br><br><b>NO HOT COMBO</b>                 |
| 11<br>Walking Taco<br>Lettuce/Tomatoes/Cheese Cup<br>Tex Mex Veggies<br>Grape Tomatoes<br>Pears / Fresh Fruit<br><br><b>NO HOT COMBO</b>  | 12<br>Chicken Alfredo / WG Garlic Knot<br>Steamed Green Beans<br>Green Pepper Slices<br>Pineapple Tidbits / Fresh Fruit<br><br>HAM & CHEESE MELT                            | 13<br>Buckskin Meatloaf<br>Buttered Rotini<br>Steamed Peas<br>Baby Carrots<br>Peaches / Fresh Fruit<br><br>STEAK SANDWICH  | 14<br>Buffalo Chicken Queso Dip<br>w/ Soft Pretzel<br>Steamed Broccoli<br>Cucumber Coins<br>Mandarin Oranges / Fresh Fruit<br><br>MEATBALL SANDWICH             | 15<br>Pizza Sticks/Marinara Sauce<br>Glazed Carrots<br>Roasted Garbanzo Beans<br>Spinach Salad<br>Applesauce / Fresh Fruit<br><br><b>NO HOT COMBO</b> |
| 18<br>Buckskin Bowl / WG Roll<br>Steamed Broccoli & Cauliflower<br>Cucumber Coins<br>Pears / Fresh Fruit<br><br><b>NO HOT COMBO</b>   | 19<br>Three Cheese Cavatappi<br>Italian Meatballs w/ Marinara<br>Italian Blend Veggies<br>Green Pepper Slices<br>Fruit Mix / Fresh Fruit<br><br>GRILLED CHICKEN SANDWICH    | 20<br>Sweet & Sour Chicken w/ Fried Rice<br>Mini Egg Roll & Fortune Cookie<br>Steamed Stir Fry Veggies<br>Grape Tomatoes<br>Pineapple Tidbits / Fresh Fruit<br><br>PORK BBQ SANDWICH | 21<br>Cheeseburger on WG Roll<br>French Fries<br>Baked Beans<br>Baby Carrots<br>Applesauce / Fresh Fruit<br><br><b>NO HOT COMBO</b>                             | 22<br>French Bread Pizza<br>Mediterranean Veggie Blend<br>Spinach Salad<br>Mandarin Oranges / Fresh Fruit<br><br>HAM & CHEESE MELT                    |
| 25<br>Chicken Nuggets / WG Dinner Roll<br>Mashed Potatoes and Gravy<br>Steamed Broccoli<br>Baby Carrots<br>Apple Slices / Fresh Fruit<br><br><b>NO HOT COMBO</b>  | 26<br>Pretzel Bun with Cheese<br>Tomato Soup w/WG Saltine Crackers<br>Roasted Garbanzo Beans<br>Cucumber Coins<br>Applesauce / Fresh Fruit<br><br><b>NO HOT COMBO</b>       | 27<br><b>EARLY DISMISSAL</b><br><br>Mickey's Pizza<br>Fresh Veggie Bar<br>Fresh Fruit<br><br><b>NO HOT COMBO</b>   | 28<br><br><b>NO SCHOOL</b>  | 29<br><br><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

