

Menus for December 2022

Conemaugh Township Elementary School

This institution is an equal opportunity provider. Menus are subject to change

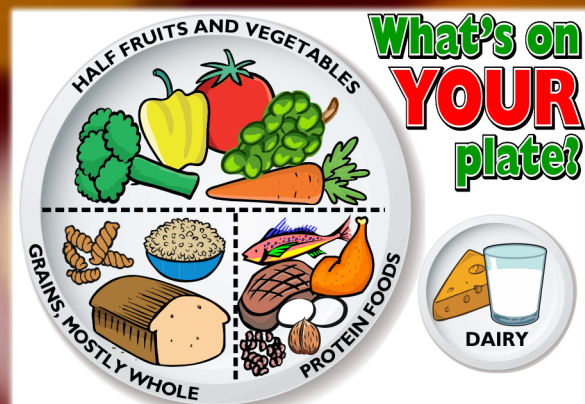
Make the healthy, economical choice!

Breakfast

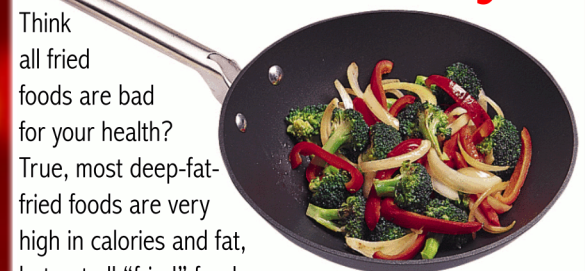
Lunch

FREE \$2.35

Get in touch with us today to learn more about free and reduced-price meals in our district:
814-479-2328 or adam.thomas@ctasd.org



Into the frying pan, out of the fryer!



Think all fried foods are bad for your health? True, most deep-fat-fried foods are very high in calories and fat, but not all "fried" foods are created equal. Stir-frying uses only a little bit of healthful oil, like olive oil, and keeps veggies crispy and tasty and sliced lean meat or chicken flavorful and healthy!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

this month: asparagus



There are some foods that most kids don't like, but most adults do. Why? It's a **mystery!** Take asparagus, for instance. Most kids won't even touch it -- it looks kind of weird, the texture is strange, and the taste is a little bitter. But most adults will agree that asparagus -- grilled, roasted, stir-fried, or steamed crisp -- is one of nature's top treats!



Thursday, December 1

Breakfast

Breakfast Sandwich

Lunch

Pizza
Or
Tuna Salad Pita

Mixed Vegetables
Carrots w/ Dip
Fruit

Friday, December 2

Breakfast

French Toast

Lunch

Cheeseburger
Or
Italian Hoagie

Tater Tots
Baked Beans
Assorted Fruit

Monday, December 5

Breakfast

Assorted Muffins

Lunch

Crispy Chicken Sandwich
Or
Chili w/ Roll

French Fries
Carrots
Fruit

Tuesday, December 6

Breakfast

Breakfast Pizza

Lunch

Hot Dog
Or
Deli Sandwich

Macaroni & Cheese
Green Beans
Cauliflower
Fruit

Wednesday, December 7

Breakfast

Sausage & Hashbrowns

Lunch

Soft Shell Taco
Or
Nachos Grande

Rice
Corn, Black Beans
Fruit

Thursday, December 8

Breakfast

Breakfast Loaf

Lunch

Chicken Nuggets
Or
Sloppy Joe

Broccoli w/ Cheese
Baked Potato
Fruit

Friday, December 9

Breakfast

Flapsticks

Lunch

French Bread Pizza
Or
Chicken Salad Wrap

Tossed Salad
Carrots
Fruit

Brain Ticklers



What do you call someone who's afraid of jolly, bearded fat men in red suits?

(Hold the page upside down and read it in a mirror for the answer!)

Conemaugh Township

Monday, December 12

Breakfast

Mini Pancakes

Lunch

Corn Dog
Or
Grilled Chicken Sandwich

Onion Rings
Baked Beans
Fruit

Tuesday, December 13

Breakfast

Waffles

Lunch

Bacon , Egg & Cheese
Croissant
Or
Hot Ham & Cheese Sandwich

Sweet Potato Fries
Broccoli
Fruit

Wednesday, December 14

Breakfast

Uncrustable Breakfast Bite

Lunch

Meatball Sandwich
Or
Chicken Quesadilla

Garden Salad
Roasted Carrots
Fruit

Thursday, December 15

Breakfast

Fruit Frudel

CHRISTMAS DINNER

Baked Chicken
Dinner Roll
Mashed Potatoes & Gravy
Corn
Assorted Fruit
Dessert

Friday, December 16

Breakfast

Donut Holes

Lunch

Grilled Cheese Sandwich
Or
Popcorn Chicken w/ Roll

Tomato Soup
Celery & Carrots
Fruit

Monday, December 19

Breakfast

Dutch Waffle

Lunch

Cheeseburger
Or
Chicken Fajita

French Fries
Roasted Carrots
Fruit

Tuesday, December 20

Breakfast

Breakfast Sandwich

Lunch

Hot Dog
Or
BBQ Pork Sandwich

Tater Tots
Baked Beans
Fruit

Wednesday, December 21

Breakfast

Assorted Muffins

Lunch

Chicken Tenders
Or
Fish Sticks

Buttered Noodles
Roasted Zucchini
Green Beans
Fruit

Thursday, December 22

Breakfast

Flapsticks

Lunch

Pizza
Or
Chicken Salad Pita

Tossed Salad
Mixed Vegetables
Fruit
Cookie

Happy Holidays!



Beware of Mistletoe!

Holiday Helpings!

It's fine to indulge in a sweet treat or fatty food on occasion during the holidays -- just try not to get carried away! In the puzzle below, see if you can find these twelve foods.

brownie butter chocolate danish fudge
gravy ice cream margarine
mayonnaise pie sugar cookie syrup

Answers could run left to right, top to bottom, or diagonally. We've given you the first one to get you started. Good luck!

S	E	C	H	O	C	O	L	A	T	E	M
U	D	A	N	I	S	H	W	P	H	W	A
G	K	A	V	Q	C	L	I	I	G	M	R
A	E	A	N	B	U	T	T	E	R	S	G
R	M	B	T	I	P	K	A	R	A	H	A
C	A	N	R	U	C	A	N	E	V	R	R
O	E	B	R	O	A	E	T	E	Y	I	I
O	L	Y	E	I	W	T	C	R	K	M	N
K	S	U	D	G	E	N	R	R	E	P	E
I	R	G	P	O	R	K	I	I	E	B	K
E	L	E	F	U	D	G	E	E	L	A	Z
R	M	A	Y	O	N	N	A	I	S	E	M

Available Daily

BREAKFAST DAILY

Milk, Assorted Fruit or Juice, Asst. Cereal,
Plus choice between daily entrée or
WG Pop Tart, Yogurt, or WG Breakfast Bar

LUNCH DAILY

Yogurt & String Cheese & Craisins Meal or PB & J Meal
or Grilled Chicken or Chef Salad Meal w/ Roll
(These Meals are in place of entree, you still may
select all fruit, vegetable choices & Milk

ASSORTED FRUIT

Options may consist of Apples, Bananas, Oranges, Peaches,
Mandarin Oranges, Applesauce, Grapes, Strawberries,
Pineapple, Mixed Fruit, 100% Juice, Pears, Pluots, Plums,
Kiwi, Watermelon, Cantaloupe, Honeydew, etc.

**We wish you & your
family a warm & happy
holiday season!**

From Adam Thomas, Food Service Director
& the School Nutrition Staff at your school



We look forward to serving you in 2023!

Time to turn the page!

**Winter Holiday begins
at the end of classes
Thurs., Dec. 22**

**Classes resume:
Tue., Jan. 3**