

*Menus for December 2022*

**Conemaugh Township Middle/High School**

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

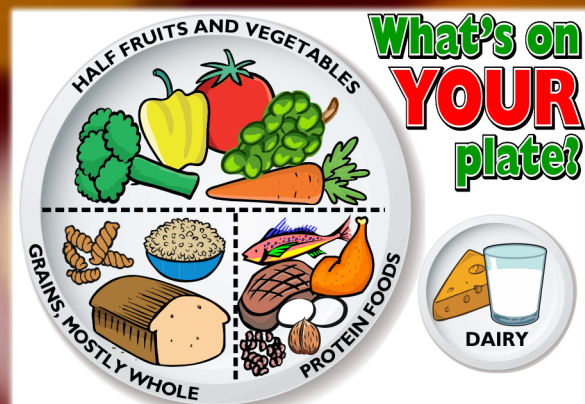
**Make the healthy, economical choice!**

**Breakfast**

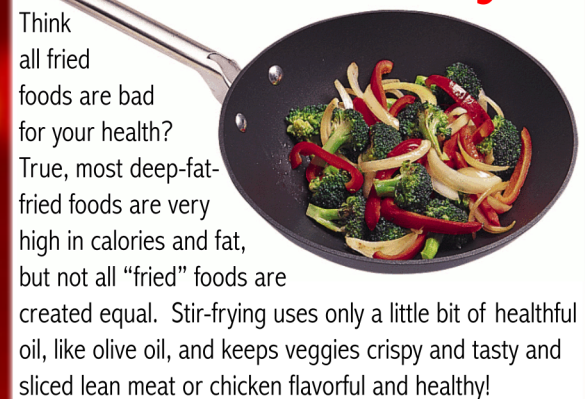
**Lunch**

**FREE \$2.55**

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](mailto:adam.thomas@ctasd.org)



**Into the frying pan, out of the fryer!**



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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**  
Donut

**Lunch**  
Pasta w/ Meat Sauce  
Or  
Chicken Alfredo

Tossed Salad  
Italian Bread  
Green Beans  
Fruit

**Friday, December 2**

**Breakfast**  
Churro

**Lunch**  
Bacon Cheeseburger  
Or  
Italian Grinder

French Fries  
Peas  
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  
Italian Panini

Onion Rings  
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 Middle/High School*

**Monday, December 12**

**Breakfast**

Mini Pancakes

**Lunch**

Cheeseburger / Hamburger  
Or  
Teryaki Chicken Sandwich

Pierogies  
Baked Beans  
Fruit

**Tuesday, December 13**

**Breakfast**

Waffles

**Lunch**

Chicken Bacon Flatbread  
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**

Chicken Nachos  
Or  
BBQ Pork Sandwich

French Fries w/ Cheese  
Roasted Carrots  
Fruit

**Tuesday, December 20**

**Breakfast**

Breakfast Sandwich

**Lunch**

Buffalo Chicken Stromboli  
Or  
Chili / Cheese Dog

Tater Tots  
Baked Beans  
Fruit

**Wednesday, December 21**

**Breakfast**

Assorted Muffins

**Lunch**

Chicken Tenders  
Or  
Fish Sticks

Macaroni & Cheese  
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 entrée, 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



# Time to turn the page!

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

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

**We look forward to serving you in 2023!**