



## Menus for May & June 2022

### Conemaugh Township Elementary School

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

# YOU'RE STILL GOOD!

## ALL STUDENTS EAT ALL MEALS @ NO COST THROUGH THE END OF THIS SCHOOL YEAR

As of now, we anticipate returning to our pre-pandemic operations next fall. Please see the other page for more detail, and we will keep our families informed as plans are finalized for the 2022-2023 school year. Thanks for your patience and, for now, keep enjoying those free meals!



MOTHER'S DAY  
MAY 8

## COOK FRESH.

A lot of processed foods – cereal, ketchup, cheese, and soda, to name just a few common items -- are often loaded with sodium (whether you can taste it or not) and most restaurant meals are very high in salt, too. In fact, the best way to be sure that your family is not eating too much sodium is to cook fresh foods at home and keep your hands off the shaker.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**



Only one town in the U.S. is simply named "Beach" -- and it's in North Dakota, which is land-locked! The town was named after a person, Captain Warren Beach.

### Monday, May 2

**Breakfast**  
Mini Loaf

**Lunch**  
Philly Cheese Steak Sandwich  
Or  
Hot Dog

Smiley Fries  
Mixed Vegetables  
Fruit

### Tuesday, May 3

**Breakfast**  
Breakfast Sandwich

**Lunch**  
Soft Shell Taco  
Or  
Nachos Grande

Breadstick  
Black Beans  
Corn  
Fruit

### Wednesday, May 4

**Breakfast**  
Scrambled Eggs & Sausage

**Lunch**  
Lasagna  
Or  
Turkey Bacon Wrap

Tossed Salad  
Green Beans  
Fruit

### Thursday, May 5

**Breakfast**  
Pancakes

**Lunch**  
Popcorn Chicken  
Or  
Deli Sandwich

Macaroni & Cheese  
Stewed Tomatoes  
Broccoli  
Fruit

### Friday, May 6

**Breakfast**  
Waffles

**Lunch**  
Pizza  
Or  
Tuna Wrap

Tossed Salad  
Carrots  
Fruit

### Monday, May 9

**Breakfast**  
Dutch Waffle

**Lunch**  
Chicken Patty Sandwich  
Or  
BBQ Pork Sandwich

Tater Tots  
Corn  
Fruit

### Tuesday, May 10

**Breakfast**  
Breakfast Pizza

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

Italian Bread  
Broccoli, Carrots  
Fruit

### Wednesday, May 11

**Breakfast**  
English Muffin

**Lunch**  
Cheeseburger  
Or  
Pierogie Pizza

French Fries  
Baked Beans  
Fruit

### Thursday, May 12

**Breakfast**  
Egg & Cheese Biscuit

**Lunch**  
Oven Roasted Chicken  
Or  
Deli Sandwich

Mashed Potatoes/ Gravy  
Dinner Roll  
Green Beans  
Fruit

### Friday, May 13

**Breakfast**  
Assorted Muffins

**Outdoor Grill**  
Grilled Chicken Sandwich  
Or  
Hot Dog

Potato Chips  
Carrot Sticks  
Cookie  
Fruit

# BACK TO THE FUTURE

Like that great old movie, that's where our School Meals program appears to be headed next year: back to pre-pandemic days. Looks like we'll again be asking families that may qualify for free and reduced-price meals to please apply (you'll be able to do that on our website, and in other ways), while other students will pay for meals.

We're glad that, in the year ahead (the future!), we will again be able to focus primarily on what has always been our core mission: providing the good nutrition that your kids need to learn well in class. That's what we love doing.

But we also know that the challenges of our pandemic-era operations—shortages, supply chain tie-ups, rising costs for food, material, and energy, etc.—will still be there. Your family faces those challenges, too, so you know what we're saying. And like your family, we're going to face those challenges head on and do what we have to do for kids.

Nothing is written in stone yet, but we wanted to give you a heads up, so you can make plans to get ahead of the curve. We'll continue to keep our families posted with any program updates though the summer and into next school year. In the meantime, please don't hesitate to contact us with questions at 8114-479-2328 or by email at [adam.thomas@ctasd.org](mailto:adam.thomas@ctasd.org)

**School Meals**  
We serve education every day™

**Monday, May 16**

## **Breakfast**

Triple Berry French Toast

## **Lunch**

Italian Pita  
Or  
Chicken Nuggets

Sweet Potato Fries  
Baked Beans  
Fruit

**Tuesday, May 17**

## **Breakfast**

Cinni Mini

## **Lunch**

Breaded Cheese Sticks  
w/ Sauce  
Or  
Cheese Ravioli

Broccoli & Cauliflower  
Fruit

**Wednesday, May 18**

## **Breakfast**

Sausage, Egg & Cheese Muffin

## **Lunch**

Chicken over Biscuits  
Or  
Deli Sandwich

Mashed Potatoes  
Peas & Carrots  
Fruit

**Thursday, May 19**

## **Breakfast**

French Toast Sticks

## **Lunch**

Popcorn Chicken  
Or  
Sloppy Joe

Rice  
Broccoli, Egg Roll  
Fruit

**Friday, May 20**

## **Breakfast**

Flapstick

## **Lunch**

Pizza  
Or  
Chicken Salad Wrap

Tossed Salad  
Sweet Potato Fries  
Fruit

**Monday, May 23**

## **Breakfast**

Donut

## **Lunch**

Popcorn Chicken  
Or  
Corn Dog

Pierogies  
Baked beans  
Fruit

**Tuesday, May 24**

## **Breakfast**

Breakfast Pizza

## **Lunch**

Meatball Sandwich  
Or  
Ranch Chicken Wrap

Tater Tots  
Broccoli  
Fruit

**Wednesday, May 25**

## **Breakfast**

Scrambled Eggs & Sausage

## **Lunch**

Turkey Bacon Croissant  
Or  
Hot Ham & Cheese Sandwich

Celery/ Carrot Sticks w/ Dip  
Scalloped Potatoes  
Fruit

**Thursday, May 26**

## **Breakfast**

Assorted Muffin

## **Lunch**

Cheeseburger  
Or  
Chicken Fajita

French Fries  
Green Beans  
Fruit

**Friday, May 27**

## **Breakfast**

Fruit Frudel

## **Lunch**

Grilled Cheese Sandwich  
Or  
Fish Sticks

Tomato Soup  
Sweet Tater Fries  
Peas  
Fruit

**Monday, May 30**



**Tuesday, May 31**

## **Breakfast**

Breakfast Medley

## **Lunch**

Hot Dog  
Or  
Cook's Choice

French Fries  
Broccoli  
Fruit

**Wednesday, June 1**

## **Breakfast**

Breakfast Medley

## **Lunch**

Pizza  
Or  
Tuna Wrap

Tossed Salad  
Vegetables  
Fruit

**Thursday, June 2**

## **Breakfast**

Breakfast Medley

## **Early Dismissal**

**Enjoy your Summer!**



**Thanks  
For Your  
Business  
This Year!**