



**Menus for  
May &  
June  
2022**

**Conemaugh  
Township  
Middle/High  
School**

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

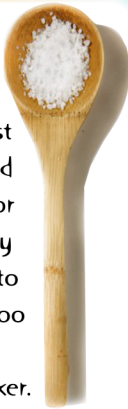
**YOU'RE STILL GOOD!**  
**ALL STUDENTS EAT ALL MEALS @  
NO COST THROUGH THE END OF  
THIS SCHOOL YEAR**

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!



**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!**



**Monday, May 2**

**Breakfast**  
Mini Loaf

**Lunch**  
Philly Cheese Steak Sandwich  
Or  
Hot Ham & Cheese Sandwich

Scalloped Potatoes  
Mixed Vegetables  
Fruit

**Tuesday, May 3**

**Breakfast**  
Churro

**Lunch**  
Soft Shell Taco  
Or  
Nachos Grande

Breadstick  
Black Beans  
Corn  
Fruit

**Wednesday, May 4**

**Breakfast**  
Donut

**Lunch**  
Lasagna  
Or  
Turkey Bacon Wrap

Tossed Salad  
Green Beans  
Fruit

**Thursday, May 5**

**Breakfast**  
Muffins

**Lunch**  
Popcorn Chicken  
Or  
Deli Sandwich

Macaroni & Cheese  
Stewed Tomatoes  
Broccoli  
Fruit

**Friday, May 6**

**Breakfast**  
Breakfast Sandwich

**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  
Broccoli  
Fruit

**Tuesday, May 10**

**Breakfast**  
Breakfast Pizza

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

Italian Bread  
Green Beans, Carrots  
Fruit

**Wednesday, May 11**

**Breakfast**  
Pancakes

**Lunch**  
Cheeseburger  
Or  
Pierogie Pizza

French Fries  
Baked Beans  
Fruit

**Thursday, May 12**

**Breakfast**  
Bacon, Egg & Cheese  
Croissant

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

Macaroni Salad  
Carrots  
Chips, Cookie  
Fruit

**Friday, May 13**

**Breakfast**  
Assorted Muffins

**Lunch**  
Walking Taco  
Or  
Deli Sandwich

Rice  
Corn  
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 online or on the application we send home at the beginning of next school year), 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  
Chicken Nachos

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**

General Tso's or  
Popcorn Chicken  
Or  
Sloppy Joe

Rice  
Broccoli, Egg Roll  
Fruit

**Friday, May 20**

## **Breakfast**

Flapstick

## **Lunch**

Grilled Cheese Sandwich  
Or  
Fish Sticks

Tomato Soup  
Sweet Tater Fries  
Peas  
Fruit

**Monday, May 23**

## **Breakfast**

Donut

## **Lunch**

Chicken Tenders  
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**

Cinnamon Roll

## **Lunch**

Chef Salad  
Or  
Turkey Bacon Croissant

Soup  
Fries  
Carrots  
Fruit

**Thursday, May 26**

## **Breakfast**

Breakfast Bagel Sandwich

## **Lunch**

Cheeseburger  
Or  
Chicken Fajita

French Fries  
Green Beans  
Fruit

**Friday, May 27**

## **Breakfast**

Fruit Frudel

## **Lunch**

Soft Taco  
Or  
Nachos Grande

Rice  
Corn  
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!**