

Menus for May & June 2023

**Conemaugh Township
Elementary School**

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



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.

Monday, May 1

Breakfast

Scrambled Eggs & Sausage

Lunch

Philly Cheese Steak Sandwich
Or
Hot Dog

Smiley Fries
Mixed Vegetables
Fruit

Tuesday, May 2

Breakfast

Breakfast Sandwich

Lunch

Pizza
Or
Fish Sticks

Tossed Salad
Carrots
Fruit

Wednesday, May 3

Breakfast

Mini Loaf

Lunch

Lasagna
Or
Chicken Bacon Flatbread

Tossed Salad
Green Beans
Fruit

Thursday, May 4

Breakfast

Pancakes

Lunch

Popcorn Chicken
or
Deli Sandwich

Macaroni & Cheese
Stewed Tomatoes
Broccoli
Fruit

Friday, May 5

Breakfast

Waffles

Cinco de Mayo

Soft Shell Taco
Or
Nachos Grande

Breadstick
Black Beans
Corn
Fruit

GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



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

Monday, May 8

Breakfast

Breakfast Pizza

Lunch

Italian Pita
Or
Chicken Nuggets

Sweet Potato Fries
Baked beans
Fruit

Tuesday, May 9

Breakfast

Sausage, Egg & Cheese
Muffin

Lunch

Breaded Cheese Sticks w/
Sauce
Or
Cheese Ravioli

Breadstick
Broccoli & Cauliflower
Fruit

Wednesday, May 10

Breakfast

Triple Berry French Toast

Lunch

Chicken over Biscuits
Or
Deli Sandwich

Mashed Potatoes
Peas & Carrots
Fruit

Thursday, May 11

Breakfast

Fruit Frudel

Lunch

Popcorn Chicken
Or
Sloppy Joe

Rice
Broccoli, Egg Roll
Fruit

Friday, May 12

Breakfast

English Muffin

Lunch

Cheeseburger
Or
Pierogie Pizza

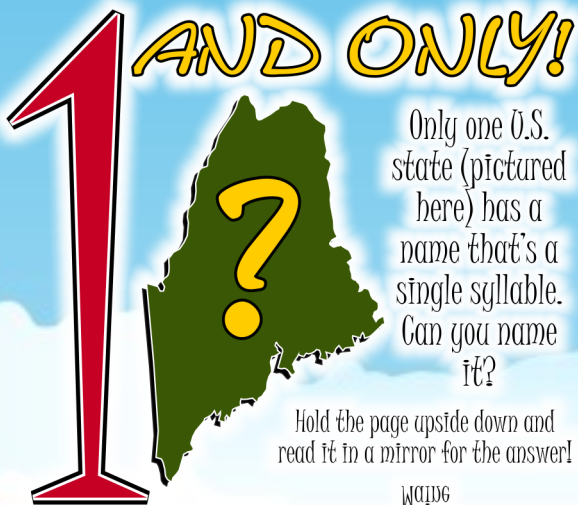
French Fries
Baked Beans
Fruit



Nerd

The word "nerd" appeared for the first time ever in the 1950 book "If I Ran the Zoo," by Dr. Seuss, along with this picture!

Word play



Only one U.S. state (pictured here) has a name that's a single syllable. Can you name it?

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

MAINE



What's on **YOUR** plate?



Q: How much sugar do you eat?



A: If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want the same sweetness without the side effects? Get your sugar the natural way – from fresh fruit.

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

Monday, May 15

Breakfast

Dutch Waffle

Lunch

Chicken Patty Sandwich
Or
BBQ Pork Sandwich

Tater Tots
Corn
Fruit

Tuesday, May 16

Breakfast

Assorted Muffins

Lunch

Grilled Chicken Sandwich
Or
Hot Dog

Potato Chips
Carrots Sticks
Cookie
Fruit

Wednesday, May 17

Breakfast

Breakfast Pizza

Lunch

Spaghetti w/ Meat Sauce
Or
Chicken Alfredo

Italian Bread
Broccoli, Carrots
Fruit

Thursday, May 18

Breakfast

Egg & Cheese Biscuit

Lunch

Oven Roasted Chicken
Or
Deli Sandwich

Scalloped Potatoes
Dinner Roll
Green Beans
Fruit

Friday, May 19

Breakfast

Flapstick

Lunch

Pizza
Or
Chicken Salad Wrap

Tossed Salad
Sweet Potato Fries
Fruit

Monday, May 22

Breakfast

Donut

Lunch

Popcorn Chicken
Or
Corn Dog

Pierogies
Baked beans
Fruit

Tuesday, May 23

Breakfast

Breakfast Pizza

Lunch

Meatball Sandwich
Or
Ranch Chicken Wrap

Tater Tots
Broccoli
Fruit

Wednesday, May 24

Breakfast

Scrambled Eggs & Sausage

Lunch

Turkey Bacon Croissant
Or
Hot Ham & Cheese Sandwich

Celery/ Carrot Stick w/ Dip
Potato Smiles
Fruit

Thursday, May 25

Breakfast

Scones

Lunch

Cheeseburger
Or
Chicken Fajita

French Fries
Green beans
Fruit

Friday, May 26

Breakfast

Tornados

Lunch

Grilled Cheese Sandwich
Or
Fish Sticks

Tomato Soup
Sweet Potatoes
Fruit

Monday, May 29



Tuesday, May 30

Breakfast

Breakfast Medley

Lunch

Hot Dog
Or
Cook's Choice

French Fries
Baked Beans
Fruit

Wednesday, May 31

Breakfast

Breakfast Medley

Lunch

Pizza
Or
Fish Sticks

Tossed Salad
Vegetables
Fruit

Thursday, June 1

Breakfast

Breakfast Medley

Early Dismissal

Enjoy your Summer!!

