

Menus for May & June 2023

**Conemaugh Township
Middle/ High 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
Mini Loaf

Lunch
Philly Cheese Steak Sandwich
Or
Hot Ham & Cheese Sandwich

Scalloped Potatoes
Mixed Vegetables
Fruit

Tuesday, May 2

Breakfast
Churro

Lunch
Pizza
Or
Fish Sticks

Caesar Salad
Carrots
Fruit

Wednesday, May 3

Breakfast
Donut

Lunch
Lasagna w/ Roll
Or
Chicken Bacon Flatbread

Tossed Salad
Green Beans
Fruit

Thursday, May 4

Breakfast
Pancakes

Lunch
Popcorn Chicken
or
Rib BBQ Sandwich

Macaroni & Cheese
Stewed Tomatoes
Broccoli
Fruit

Friday, May 5

Breakfast
Breakfast Sandwich

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
Chicken Nachos
Or
Cheese Ravioli

Cheese Breadstick
Broccoli & Cauliflower
Fruit

Wednesday, May 10

Breakfast
Cinni Mini

Lunch
Chicken over Biscuits
Or
Deli Sandwich

Mashed Potatoes
Peas & Carrots
Fruit

Thursday, May 11

Breakfast
French Toast Sticks

Lunch
General Tso's or
Popcorn Chicken
Or
Sloppy Joe

Rice
Broccoli, Egg Roll
Fruit

Friday, May 12

Breakfast
Cook's Choice

Lunch
Stromboli
Or
Pepperoni Roll

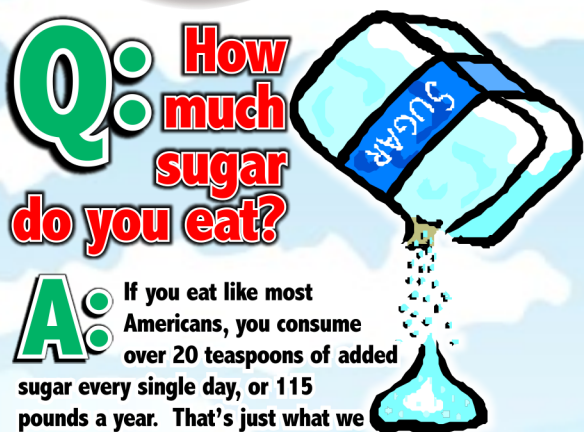
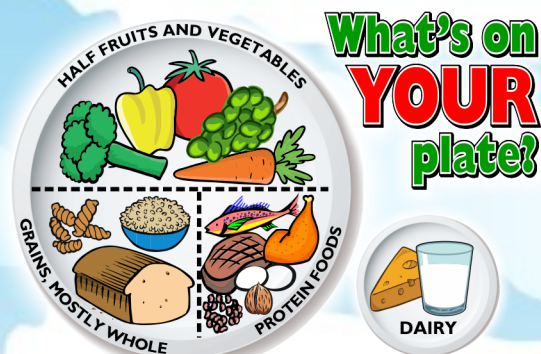
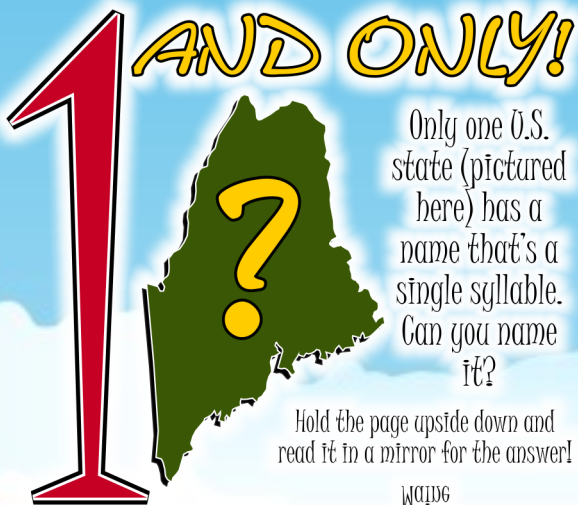
Tossed Salad
Green Beans
Fruit



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



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

Spaghetti w/ Meat Sauce
Or
Chicken Alfredo

Italian Bread
Tossed Salad
Green Beans
Fruit

Wednesday, May 17

Breakfast

Breakfast Pizza

Lunch

Cheeseburger
Or
Pierogie Pizza

French Fries
Baked Beans
Fruit

Thursday, May 18

Breakfast

Egg & Cheese Biscuit

Lunch

Chicken Tenders
Or
Corn Dog

Pierogies
Cauliflower
Fruit

Friday, May 19

Breakfast

Flapstick

Outdoor Grill

Grilled Chicken Sandwich
Or
Hot Dog

Pasta Salad
Carrots
Chips, Cookie
Fruit

Monday, May 22

Breakfast

Donut

Lunch

Walking Taco
Or
Deli Sandwich

Rice
Corn
Fruit

Tuesday, May 23

Breakfast

Breakfast Pizza

Lunch

Meatball Sandwich
Or
Ranch Chicken Wrap

Tater Tots
Broccoli
Fruit

Wednesday, May 24

Breakfast

Scones

Lunch

Turkey Bacon Croissant
Or
Chef Salad

Soup du Jour
French Fries
Carrots
Fruit

Thursday, May 25

Breakfast

Breakfast Bagel Sandwich

Lunch

Cheeseburger
Or
Chicken Fajita

French Fries
Green beans
Fruit

Friday, May 26

Breakfast

Tornados

Lunch

Grilled Cheese Sandwich
Or
Fish Sticks

Tomato Soup
Potato Smiles
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!!

