

**\*\*Portion Sizes and number of choices are determined by Grade Level\*\***



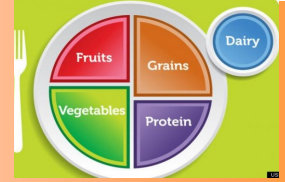
# Conemaugh Township

## K-5 Menu

### OCTOBER 2024

USDA is an equal opportunity provider and employer

**Randy Walker**  
**Food Service Director**  
 Randy.walker@ctasd.org



**Lunch Prices**  
 Lunch ELE \$2.45  
 Reduced \$.0  
 Adult \$5.00  
 Milk \$.70

**MENU SUBJECT TO CHANGE**

Please Choose at least 3 of the 5 items for the school lunch price!

Entrée, Choice of Two Fruits /to include juice, and/or Two Vegetables,

**\*Fresh Veggies:** Will include AT LEAST one Red/Orange, one Dark Green and one Other Veggie every day

**Fruits:**

At least 1 fresh fruit available per day

Milk Choices:  
 Chocolate, 1%White & Skim

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>30 Hot ham and Cheese Pretzel Bun</b> Oven Fries/ Green Peas *Fresh Veggies Assorted Fruit Choices Choice of Milk <b>Sorbet Cup</b>	<b>1 Chicken Tenders/ Roll</b> Mashed Potatoes/Gravy Steamed Corn *Fresh Veggies Assorted Fruit Choices Choice of Milk	<b>2 Mini Corn Dogs</b> Mac N Cheese Baked Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	<b>3 Popcorn Chicken</b> W/ Asian Sauce Seasoned Brown Rice Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk	<b>4 Stuffed Crust Pizza</b> Green Leafy Salad Mixed Veggies *Fresh Veggies Assorted Fruit Choices Choice of Milk
<b>7 Grilled Cheese Sand.</b> Tomato Soup Green Peas *Fresh Veggies Assorted Fruit Choices Choice of Milk <b>Frozen Juice Bar</b>	<b>8 Chicken Nuggets</b> Cheese Sauce Hot Pretzel Steamed Corn *Fresh Veggies Assorted Fruit Choices Choice of milk	<b>9 Spaghetti</b> Meat Sauce Breadstick Steamed Carrots *Fresh Veggies/ Assorted Fruit Choice of Milk	<b>10 Beef Dipper/Roll</b> Gravy Buttered Noodles Mixed Veggies *Fresh Veggies/ Assorted Fruit Choice of Milk	<b>11 Big Daddy Pizza</b> Green Leafy Salad Green Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk
<b>14 NO SCHOOL</b>	<b>15 Chicken Tenders/ Roll</b> Mashed Potatoes/Gravy Mixed Veggies *Fresh Veggies Assorted Fruit Choices Choice of Milk	<b>16 Fish Sticks</b> Oven Fries Green Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk <b>*LUCKY TRAY DAY!!*</b>	<b>17 Walking Taco</b> (Meat, Cheese and Salsa) Refried Beans/ Corn *Fresh Veggies Assorted Fruit Choices Choice of Milk	<b>18 Pizza Boat</b> Green Leafy Salad Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk
<b>21 WG Belgium Waffles</b> Sausage Patty Potato Triangles Fresh Fruit Very Berry Juice Choice of Milk	<b>22 Chicken Nuggets</b> Cheese Sauce Hot Pretzel Steamed Corn *Fresh Veggies Assorted Fruit Choices Choice of milk	<b>23 Cheeseburger</b> Oven Fries Steamed Carrots **Fresh Veggies Assorted Fruit Choices Choice of Milk	<b>24 Chicken over Biscuits</b> Mashed Potatoes Steamed peas/carrots *Fresh Veggies Assorted Fruit Choices Choice of Milk	<b>25 Stuffed Crust Pizza</b> Green Leafy Salad Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk
<b>28 Breaded Ravioli</b> Bosco Stick(1) Marinara Sauce Mixed Veggies *Fresh Veggies Assorted Fruit Choices Choice of Milk	<b>29 Chicken Patty Sand.</b> <b>Oven Fries</b> Steamed Carrots *Fresh Veggies Assorted Fruit Choices Choice of Milk	<b>30 Hot Dog (1)</b> Pierogies Baked Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	<b>31 Nachos Grande</b> (Meat, Cheese and Salsa) Refried Beans/ Corn *Fresh Veggies Assorted Fruit Choices Choice of Milk	

**Additional Fruit & Vegetable Choices May Include:**  
 Apples, Oranges, Bananas, Pears, Applesauce, Peaches, Fruit Cocktail, Pineapple, Fruit Juices, Tossed Salad, Vegetable Salad, Carrots, Celery, Cucumber, Tomato, Broccoli, Cauliflower.

**Additional Daily Choices**

**#1 Ham and Cheese Sand (KG Only)**

**#2 Peanut Butter and Jelly (Grades 1-5)**

**#3 Chef Salad**

**#4 YO ON THE GO**  
 (cereal or cereal bar)  
 (Muffin and/or Mini Loaf)  
 (Yogurt or String Cheese)

**Lunches offers 5-component choices:**

**Fruit and or Juice**  
**Assorted Vegetables**  
**Meat and /or Protein**  
**Equivalent Bread**

