

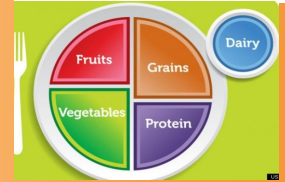
****Portion Sizes and number of choices are determined by Grade Level****



Conemaugh Township High School Menu October 2024

USDA is an equal opportunity provider
and employer

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



Lunch Prices

Lunch HS \$2.65
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
30 Hot ham and Cheese Pretzel Bun Oven Fries/ Green Peas *Fresh Veggies Assorted Fruit Choices Choice of Milk Sorbet Cup	1 Chicken Tenders/ Roll Buttered Noodles Steamed Corn *Fresh Veggies Assorted Fruit Choices Choice of Milk	2 Corn Dogs Mac N Cheese Baked Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	3 Asian Chicken Seasoned Brown Rice Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk	4 Fish Sticks (6) Mrs. T's Pierogies Breadstick Leafy Green Salad *Fresh Veggies Assorted Fruit Choices Choice of Milk
7 Buffalo Chicken Flatbread Steamed Mixed Veggies *Fresh Veggies Assorted Fruit Choices Choice of Milk	8 Italian Panini Steamed Corn *Fresh Veggies Assorted Fruit Choices Choice of milk	9 Penne Pasta Meat Sauce or Alfredo Italian Bread Green Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	10 Chicken over Biscuits Mashed Potatoes Peas and Carrots *Fresh Veggies Assorted Fruit Choices Choice of Milk	11 Cheesesteak Sub Oven Fries Leafy Green Salad Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk
14 	15 Chicken Nuggets Cheese Sauce Hot Pretzel Steamed Cauliflower *Fresh Veggies Assorted Fruit Choices Choice of Milk	16 Walking Taco (Meat, Cheese and Salsa) Refried Beans/ Corn *Fresh Veggies Assorted Fruit Choices Choice of Milk	17 FALL FEST OUTDOOR GRILL Grilled Chicken Wings Pulled Pork Sandwich Celery/Carrots/Ranch Cheesy Potatoes Crack Green Beans Cookies	18 Baked Italian Hoagie Oven Fries Leafy Green Salad Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk
21 BBQ Ribbie Sandwich Potato Smiley Fries Steamed Mixed Veggies *Fresh Veggies Assorted Fruit Choices Choice of Milk	22 Pierogie Pizza Steamed Corn *Fresh Veggies Assorted Fruit Choices Choice of milk	23 Meatball Sandwich Oven Fries Green Beans **Fresh Veggies Assorted Fruit Choices Choice of Milk	24 Teriyaki Beef Dipper/Roll WG Rice Leafy Green Salad Steamed Broccoli *Fresh Veggies Assorted Fruit Choices Choice of Milk	25 Turkey Bacon Croissant Tater Tots Steamed Carrots *Fresh Veggies Assorted Fruit Choices Choice of Milk
28 Breaded Ravioli Bosco Stick(1) Marinara Sauce Green Peas *Fresh Veggies Assorted Fruit Choices Choice of Milk	29 Famous Chicken Bowl Mashed Potato/Gravy Shredded Cheese Steamed Corn *Fresh Veggies Assorted Fruit Choices Choice of Milk	30** Local Fresh Beef** Sloppy Joe Mac N Cheese Baked Beans *Fresh Veggies Assorted Fruit Choices Choice of Milk	31** Local Fresh Beef** Nachos Grande (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 Items

- Monday**
Chicken Patty
Spicy Chicken Patty
- Tuesday**
Hamburgers
- Wednesday**
Assorted Wraps
Deli Sandwiches
- Thursday**
Hot Dogs
- Friday**
Assorted Pizza
- EVERYDAY**
PBJ
Salads
Yogurt

