

ELEMENTARY MENU October 2020

BREAKFAST PRICES

Full Price \$1.45
Reduced 30¢
Milk 50¢

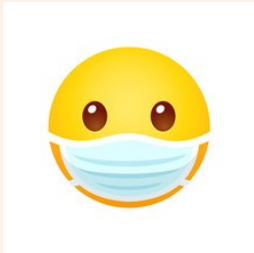
LUNCH PRICES

Full Price \$2.45
Reduced 40¢
Milk 50¢

If you need to deposit funds onto your child's meal account, we encourage you to utilize Skyward Family Access to reduce cash exchange

MENU IS SUBJECT TO CHANGE
Ashley Sprankle
Food Service Director
717-624-2157 EXT. 1015

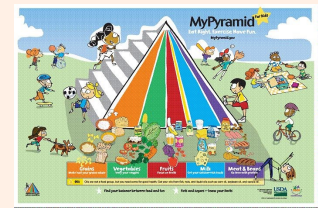
This institution is an equal opportunity provider.



**The Conewago Valley School District food services is currently seeking applications for day-to-day cafeteria substitutes in all buildings. If you are interested in this opportunity please contact:*

Ashley Sprankle, Food Service Director at 624-2157 ext. 1015.

Monday	Tuesday	Wednesday	Thursday	Friday
5 Pop Tart, cheese stick, applesauce, plain milk Chicken Fries Dinner Roll Steamed Corn Applesauce Assorted Milk	6 Egg & Cheese wrap, orange juice, plain milk Soft Shell Chicken Tacos Tex-Mex beans Pineapples Assorted Milk	7 Oatmeal Chocolate Chip Bar, frozen fruit cup, plain milk Mozzarella Sticks w/ marinara sauce Steamed Broccoli Blueberries Assorted Milk	1 Waffle, apple juice, plain milk Meatball Sub Steamed carrots Strawberries Assorted Milk	2 Muffin, banana, plain milk French Bread Pizza California Blend Pears Assorted Milk
12 No School Teacher In-Service Day	13 Wheat Cinnamon Roll, orange juice, plain milk Chicken Tenders WG crackers Steamed green beans Pears Assorted Milk	14 Marshmallow Mateys Cereal, frozen fruit cup, plain milk Mac & Cheese Little Smokies Steamed Peas Applesauce Assorted Milk	8 Mini Pancakes, apple juice, plain milk Salisbury Steak w/ gravy & dinner roll Mashed potatoes Peaches Assorted Milk	9 Scooby Doo grahams, yogurt, banana, plain milk Personal Pan Pizza Mixed Vegetables Strawberries Milk
19 Pop Tart, cheese stick, applesauce, plain milk Chicken Nuggets Dinner Roll Steamed Carrots Peaches Assorted Milk	20 Egg & cheese wrap, orange juice, plain milk Walking Beef Taco Refried beans Strawberries Assorted Milk	21 Oatmeal Chocolate Chip Bar, frozen fruit cup, plain milk Ham & Cheese Melt Steamed Green Beans Pears Assorted Milk	15 Waffle, apple juice, plain milk Baked Fish Sandwich French Fries Pineapples Assorted Milk	16 Muffin, banana, plain milk Cheese Pizza Steamed Corn Blueberries Assorted Milk
26 Powdered Donut, applesauce, plain milk Popcorn Chicken WG crackers Mixed vegetables Blueberries Assorted milk	27 Wheat Cinnamon Roll, orange juice, plain milk Spaghetti with meat sauce breadstick Steamed broccoli peaches Assorted milk	28 Marshmallow Mateys Cereal, frozen fruit cup, plain milk Shrimp Poppers Dinner roll Steamed peas Strawberries Assorted Milk	22 Mini Pancakes, apple juice, plain milk French Toast Sticks Hash Browns Sausage Baked apples Assorted Milk	23 Scooby Doo Grahams, yogurt, banana, plain milk Pepperoni Pizza California Blend Pineapples Assorted Milk
			29 Waffle, apple juice, plain milk Pulled Pork BBQ Sandwich Tater tots Pears Assorted Milk	30 Muffin, banana, plain milk Stuffed Crust Pizza Steamed corn Applesauce Assorted Milk



Fruit Choice May Include:
Fresh Fruit, Canned Fruit,
Dried fruit, Fruit Cups, 100%
Fruit Juice

Vegetable Choices
May Include:
Hot Vegetables, Garden Salad,
Fresh Baby Carrots, Cucumber
Slices, Celery sticks

Milk Choices May Include:
Low Fat White
Low Fat Chocolate
Low Fat Strawberry
Low Fat Vanilla
*Lactaid Milk

* Due to COVID-19, meal options will be limited and subject to change based on availability*

Lunch Alternates

Monday: Hot Dog
Tuesday: Grilled Cheese
Wednesday: Hamburger
Thursday: Corn Dog
Friday: Chicken Pattie Sandwich

Daily Alternate:
PB & J Uncrustable

