

## ELEMENTARY MENU January 2021

### BREAKFAST PRICES

Full Price	\$1.45
Reduced	30¢
Milk	50¢

### LUNCH PRICES

Full Price	\$2.45
Reduced	40¢
Milk	50¢

*\*Due to a nationwide waiver, all meals will be served for free until 6/30/2021\**

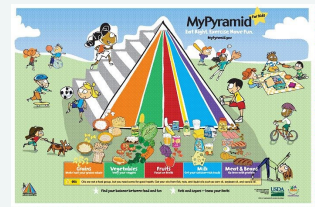
**MENU IS SUBJECT TO CHANGE**  
**Ashley Sprankle**  
**Food Service Director**  
**717-624-2157 EXT. 1015**

*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
Let It Snow!				
<p>4</p> <p>Pop Tart w/ cheese stick or assorted cereal, applesauce, plain milk</p> <p>Chicken Fries Goldfish Crackers Steamed peas Peaches Assorted Milk</p>	<p>5</p> <p>Egg &amp; cheese wrap or assorted cereal orange juice, plain milk</p> <p>Grilled Chicken Wrap with cheese &amp; bacon Steamed Corn Strawberries Assorted Milk</p>	<p>6</p> <p>Oatmeal Chocolate Chip Bar or assorted cereal, frozen fruit cup, plain milk</p> <p>Chicken Alfredo Bake WG breadstick Steamed Broccoli Pears Assorted Milk</p>	<p>7</p> <p>Mini Pancakes or assorted cereal, apple juice, plain milk</p> <p>Hot Ham &amp; Cheese on a Pretzel Roll French Fries Mixed fruit Assorted Milk</p>	<p>8</p> <p>Scooby Doo graham w/ yogurt or assorted cereal, banana, plain milk</p> <p>Pepperoni Pizza Steamed green beans Applesauce Assorted Milk</p>
<p>11</p> <p>Powdered Donut or assorted cereal, applesauce, plain milk</p> <p>Popcorn Chicken Teddy Grahams Baked Beans Blueberries Assorted milk</p>	<p>12</p> <p>Wheat Cinnamon Roll or assorted cereal, orange juice, plain milk</p> <p>Meatball Sub California Blend Peaches Assorted milk</p>	<p>13</p> <p>Coffee cake or assorted cereal, frozen fruit cup, plain milk</p> <p>Mac &amp; Cheese Little Smokies Steamed Peas Strawberries Assorted Milk</p>	<p>14</p> <p>Waffle or assorted cereal, apple juice, plain milk</p> <p>Salisbury Steak with gravy Dinner roll Mashed potatoes Pears Assorted Milk</p>	<p>15</p> <p>Muffin or assorted cereal, banana, plain milk</p> <p>French Bread Pizza Steamed carrots Mixed fruit Assorted Milk</p>
<p>18</p> <p style="font-size: 1.2em; font-weight: bold;">No School Teacher In-Service Day</p>	<p>19</p> <p>Pop Tart w/ cheese stick or assorted cereal, applesauce, plain milk</p> <p>Chicken Tenders Goldfish Crackers Steamed Corn Applesauce Assorted Milk</p>	<p>20</p> <p>Oatmeal Chocolate Chip Bar or assorted cereal, frozen fruit cup, plain milk</p> <p>Soft Shell Beef Taco Refried beans Blueberries Assorted Milk</p>	<p>21</p> <p>Mini Pancakes or assorted cereal, apple juice, plain milk</p> <p>Baked Fish Sandwich French Fries peaches Assorted Milk</p>	<p>22</p> <p>Scooby Doo Grahams w/ yogurt or assorted cereal, banana, plain milk</p> <p>Personal Pan Pizza Steamed green beans strawberries Assorted Milk</p>
<p>25</p> <p>Powdered Donut or assorted cereal, applesauce, plain milk</p> <p>Chicken Nuggets Teddy Grahams Steamed Broccoli pears Assorted milk</p>	<p>26</p> <p>Wheat Cinnamon Roll or assorted cereal, orange juice, plain milk</p> <p>Spaghetti &amp; Meat Sauce Garlic knot Steamed Peas Mixed fruit Assorted milk</p>	<p>27</p> <p>Coffee cake or assorted cereal, frozen fruit cup, plain milk</p> <p>Pulled Pork BBQ Sandwich Baked Beans applesauce Assorted Milk</p>	<p>28</p> <p>Waffle or assorted cereal, apple juice, plain milk</p> <p>French Toast Stix Sausage Hash Browns Blueberries Assorted Milk</p>	<p>28</p> <p>Muffin or assorted cereal, banana, plain milk</p> <p>Cheese Pizza Wedge Steamed Carrots peaches Assorted Milk</p>



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 are 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

