

Menus For January 2020

**Conemaugh Township Area
Elementary School**
Lunch \$2.35 Reduced \$.40 Breakfast Free

This institution is an equal opportunity provider.



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
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, Kiwi, Watermelon, Cantaloupe,

Thursday, January 2 D

Breakfast

Pancakes

Lunch

Chicken Nuggets

Or

Corn Dogs

French Fries

Broccoli

Fruit

Friday, January 3 E

Breakfast

Cinnamon Roll

Lunch

Cheeseburger

Or

Chicken Quesadilla

Pierogies

Baked Beans

Fruit

Miss the bag? Use it on the weekend!

The rest of the week, we've got you covered, with tasty, nutritious meals that are here for your kids every school day. With the cost of feeding a family these days, our meals are a bigger bargain than ever. Convenient, economical, healthy

School Meals. You can brown bag it on the weekends -- we won't tell!



Breakfast **FREE** **Lunch** **\$1.75**
Reduced \$.40

Monday, January 6 F

Breakfast

Flapstick

Lunch

Chicken Patty

Or

Turkey Bacon Wrap

Tater Tots

Carrots

Fruit

Tuesday, January 7 A

Breakfast

Fruit Frudel

Lunch

Spaghetti w/ Meat Sauce

Or

Deli Sandwich

Italian Bread

Romaine Garden Salad

Green Beans

Fruit

Wednesday, January 8 B

Breakfast

Bagel Sandwich

Lunch

Philly Cheesesteak

Or

Ham & Turkey Club Sandwich

Potato Smiles

Baked Beans

Fruit

Thursday, January 9 C

Breakfast

Cinni Minis

Lunch

Roasted Pork w/ Bun

Or

Hot Dog

Mashed Potatoes

Sauerkraut

Sweet Potatoes

Fruit

Friday, January 10 D

Breakfast

Triple Berry French Toast

Lunch

Grilled Cheese Sandwich

Or

Fish Sticks & Roll

Tomato Soup

Carrots/ Celery Sticks

Fruit

Monday, January 13 E

Breakfast

Churro

Lunch

Nachos Grande

Or

Soft Shell Taco

Rice, Lettuce, Tomato

Corn

Fruit

Tuesday, January 14 F

Breakfast

Sausage & Eggs

Lunch

Popcorn Chicken

Or

Popcorn Shrimp

Buttered Noodles

Carrots

Broccoli

Fruit

Wednesday, January 15 A

Breakfast

Breakfast Pizza

Lunch

Stromboli

Or

Uncrustable PB & J

Mixed Vegetables

Green Beans

Fruit

Thursday, January 16 B

Breakfast

Assorted Muffin

Lunch

Turkey Bacon Croissant

Or

Ham & Cheese Pretzel

Baked Beans

Chicken Noodle Soup

Sweet Potatoes

Fruit

Friday, January 17 D

Breakfast

French Toast Sticks

Lunch

Personal Pizza

Or

Tuna Salad Wrap

Tossed Salad

Roasted Carrots

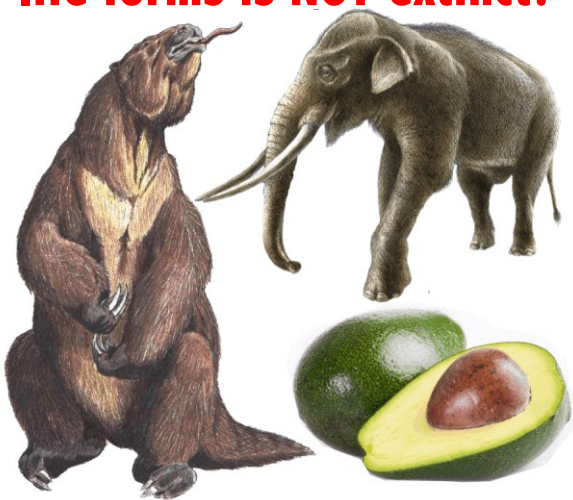
Fruit

**Get in touch with us today to learn more about
free and reduced-price meals in our district:**

814-479-2328 or adam.thomas@ctasd.org



Which of these prehistoric life forms is NOT extinct?



STEGOMASTODON -- a six-ton elephant-like behemoth. MEGATHERIUM -- a four-ton giant ground sloth. And the AVOCADO?! The first two are extinct -- and the third probably should be. The avocado plant developed its large seed (it was even larger back then) because very big animals would eat the fruit whole in one gulp, seed and all, and help the plant spread to new areas. When most of the big mammals died off 10,000 or more years ago, the avocado should have disappeared with them -- birds and tiny mammals can't begin to swallow and disperse a seed that big! But somehow the wild avocado survived thousands of years until humans learned to cultivate the delicious fruit. And the avocado's future survival was guaranteed when man discovered the Super Bowl and started cranking out lots of guacamole every winter!!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Monday, January 27 A
Breakfast Waffle
Lunch Meatball Sandwich Or Teryaki Chicken Sandwich
Sweet Potato Fries Broccoli Fruit

Tuesday, January 21 C
Breakfast Donut
Lunch Chicken Nuggets Or Chicken Nachos
Broccoli w/ Cheese Carrots Fruit

Wed, January 22 D
Breakfast Blueberry Muffin
Lunch Cheeseburger Or BBQ Ham Sandwich
Curly Fries Baked Beans Fruit

Thursday, January 23 E
Breakfast Smore
Lunch Chicken over Biscuits Or Bologna & Cheese Sandwich
Mashed Potatoes Peas & Carrots Fruit

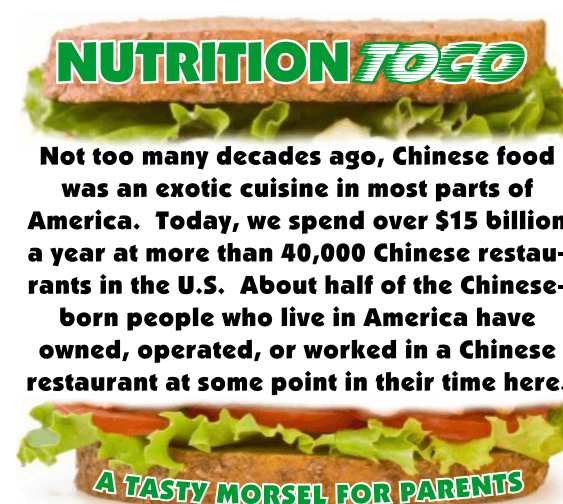
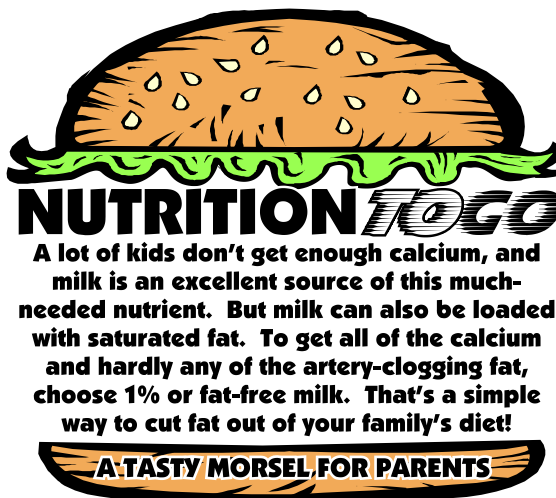
Friday, January 24 F
Breakfast Biscuit Sandwich
Lunch Grilled Chicken Sandwich Or Corn Dog
French Fries Green Beans Fruit

Tuesday, January 28 B
Breakfast Ham, Egg & Cheese Muffin
Lunch Italian Pita Or Uncrustable PB & J
Baby Carrots Tossed Salad Fruit

Wed, January 29 C
Breakfast Mini Pancakes
Lunch Oven Roasted Chicken Or Cheese Ravioli
Scalloped Potatoes Dinner Roll Green Beans Fruit

Thursday, January 30 D
Breakfast French Toast Sticks
Lunch Chicken Quesadilla Or Ham & Turkey Hoagie
Baked Beans Fries Fruit

Friday, January 31 E
Breakfast Waffle Sausage Sandwich
Lunch Pizza Or Chicken Salad Wrap
Mixed Vegetables Tossed Salad Fruit



Not too many decades ago, Chinese food was an exotic cuisine in most parts of America. Today, we spend over \$15 billion a year at more than 40,000 Chinese restaurants in the U.S. About half of the Chinese-born people who live in America have owned, operated, or worked in a Chinese restaurant at some point in their time here.