

Menus for November 2021

Conemaugh Township Elementary School

This institution is an equal opportunity provider. Menus are subject to change.

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Just one thing . . .

As we've been telling you for over a year now, all meals are no charge for all students every school day all year long. But, to clear up any confusion, we need to remind everyone that that means every student can get one free meal at breakfast and one at lunch every day. What that doesn't mean is that we're now an all-you-can-eat buffet. According to the regulations we have to follow, we can only feed you one no-cost meal at each meal time. So one free breakfast. One free lunch. For every student. Every day. All year long. We hope you're taking advantage of this great program, and, trust us, we love seeing your smiling face – twice a day.

School Meals
We serve education every day™

Monday, November 1

Breakfast

Bacon & Egg Pizza

Lunch

Chicken Tenders
Or
Fish Sticks

Buttered Noodles
Stewed Tomatoes
Sweet Potatoes
Fruit

Tuesday, November 2

Breakfast

Waffles

Lunch

Turkey Croissant
Or
Sloppy Joe

Green Beans
Tater Tots
Fruit

Wednesday, November 3

Breakfast

Assorted Muffins

Lunch

Soft Shell Taco
Or
Nachos Grande

Rice
Corn
Black Beans
Fruit

Thursday, November 4

Breakfast

Donut Holes

Lunch

Popcorn Chicken
Or
Popcorn Shrimp

Potato Smiles
Corn
Fruit

Friday, November 5

Breakfast

Sausage & Hashbrowns

Lunch

Personal Pizza
Or
Tuna Salad Pita

Tossed Salad
Carrots
Fruit

Monday, November 8

Breakfast

Bagel w/ Cream Cheese

Lunch

Chicken Patty Sandwich
Or
Pulled Pork Sandwich

Pierogies
Cole Slaw
Green beans
Fruit

Tuesday, November 9

Breakfast

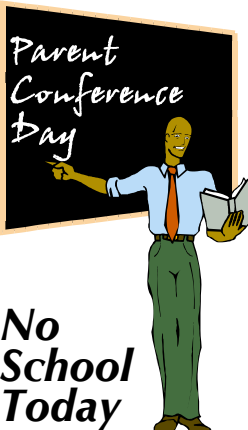
Cinnamon Roll

Lunch

Grilled Cheese Sandwich
Or
Deli Sandwich

Tomato Soup
Celery & Carrots
French Fries
Fruit

Wednesday, November 10



Thursday, November 11

NO SCHOOL
Veterans Day

PLEASE JOIN US IN
SAYING THANKS TO
THOSE WHO HAVE
SERVED THE CAUSE
OF FREEDOM

Friday, November 12

Breakfast

Dutch Waffle

Lunch

Pizza
Or
Chicken Salad Pita

Tossed Salad
Sweet Potatoes
Fruit



What's on YOUR plate?

What-a-melon!

You might ask, "What is this watermelon doing wearing a big pink bow and sitting on a gold throne?"

More importantly, you might ask, "Why is this watermelon square?!"

These square melons debuted in Japan as a trendy gift, selling for around \$200 each.

They're grown in boxes to get the cube shape, and they're meant to be ornamental, and most often they are not meant to be eaten, just admired!



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

WARM AND SOAPY.

You wash your hands to get rid of germs – and water alone can't do that. You need soap and warm water to rinse away bacteria. So soap up your hands, pull them out of the water stream and rub them all over for at least ten or fifteen seconds, and then rinse off.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, November 15

Breakfast
 Breakfast Pizza

Lunch
 Cheeseburger / Hamburger
 Or
 Hot Dog

Oven Browned Potatoes
 Cole Slaw
 Baby Carrots
 Fruit

Tuesday, November 16

Breakfast
 Biscuit Breakfast Sandwich

Lunch
 Grilled Chicken Sandwich
 Or
 Philly Steak Sandwich

Fries
 Baked Beans
 Fruit

Wednesday, November 17

Breakfast
 Donut

Lunch
 General Tso's Chicken
 Or Popcorn Chicken
 Or
 BBQ Rib Sandwich

Rice, Broccoli
 Carrots
 Fruit

Thursday, November 18

Breakfast
 Pancakes

Thanksgiving Dinner
 Roast Turkey

Mashed Potatoes
 Stuffing
 Corn
 Sweet Potatoes
 Fruit
 Applesauce Cake

Friday, November 19

Breakfast
 Fruit Frudel

Lunch
 Meatball Sandwich
 Or
 Hot Ham & Cheese Croissant

Green Beans
 Tater Tots
 Fruit

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 PB & J Meal or
 Grilled Chicken or Chef Salad Meal w/ Roll
 (These Meals are in place of entrée, 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,



Monday, November 22

Breakfast
 French Toast Sticks

Lunch
 Spaghetti w/ Meat Sauce
 Or
 Breaded Cheese Sticks w/
 Sauce

Italian Bread
 Romaine Garden Salad
 Green Beans
 Fruit

Tuesday, November 23

Breakfast
 English Muffins

Lunch
 Italian Panini
 Or
 Corn Dog

Pierogies
 Baked Beans
 Fruit

Wednesday, Nov 24

Breakfast
 Chocolate Breakfast Loaf

Lunch
 Stuffed Crust Pizza
 Or
 Tuna Wrap

Carrot Sticks
 Tossed Salad
 Fruit



THANKSGIVING!

**ENJOY YOUR HOLIDAY!
 SEE YOU TUESDAY!**

THANKSGIVING FEAST

Please
 join us!

All the
 trimmings!

Thursday, November 18

Tuesday, November 30

Breakfast
 Cinni Mini

Lunch
 Chicken Nuggets
 Or
 Walking Taco

Rice, Corn, Black Beans
 Lettuce, Tomato
 Fruit

ABOVE and BEYOND



If the state of Alaska were placed inside the continental United States, it would stretch from coast to coast and from Canada to Texas. At their closest point, Alaska and Russia are only 55 miles apart.