




CONVAL HIGH SCHOOL
2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lunch Prices: \$3.25 Students \$4.50 Adults Breakfast: \$1.75 Students</p>	<p>² Popcorn Chicken Mashed Potatoes n' Gravy Steamed Carrots WG Breadstick Assorted Fruit</p>	<p>³ Homemade Macaroni & Cheese Hamburger on Whole Grain Bun Steamed Broccoli Assorted Fruit</p>	<p>⁴ Italian Sub Whole Grain Pasta Salad Veggie Sticks Assorted Fruit</p>	<p>⁵ Pasta Bar w/Delicious Homemade Sauces Caesar Salad Garlic Bread on whole grain Assorted Fruit</p>	<p>⁶ Taco Salad Mexican Beans Whole Wheat Roll Assorted Fruit Churro</p>	<p>⁷ All meals include choice of 8oz plain, lowfat or nonfat OR flavored nonfat milk.</p>
<p>⁸ Beef, pork or turkey may be used in some recipes.</p> <p>Nuts may be used in some recipes.</p>	<p>⁹ Spicy Chicken Wrap on Whole Grain Veggie Sticks Tortilla Chips Assorted Fruit</p>	<p>¹⁰ Rotini & Meatballs Green Beans Italian Bread Assorted Fruit</p>	<p>¹¹ BBQ Pulled Pork Whole Grain Bun Cole Slaw Veggie Sticks Assorted Fruit</p>	<p>¹² Pasta Bar w/Delicious Homemade Sauces Caesar Salad Garlic Bread on whole grain Assorted Fruit</p>	<p>¹³ Baked Panini Veggie Sticks Tortilla Chips Assorted Fruit</p>	<p>¹⁴ Breakfast Served Daily! Homemade Muffins Breakfast Sandwiches Bagels Yogurt Parfaits Assorted Cereals Weekly specials: Homemade Pancakes French Toast Breakfast Burrito Scrambled Eggs n' Sausage</p>
<p>¹⁵ Menus are subject to change.</p>	<p>¹⁶ Cheeseburger on Whole Grain Bun French Fries Lettuce, Tomato & Pickles Assorted Fruit</p>	<p>¹⁷ Chicken Caesar Wrap on Whole Grain Veggie Sticks Tortilla Chips Assorted Fruit</p>	<p>¹⁸ NO LUNCH SERVED</p> <p>Final Exams</p>	<p>¹⁹ FRESH VEGGIE BAR A colorful variety of fresh veggies available daily with all meals</p>	<p>²⁰</p>	
<p>²² Make a Meal! Daily meal choices include a variety of homemade soups, salads, pizzas, regular and spicy chicken burgers</p>	<p>²³</p>	<p>²⁴ FRESH MADE TO ORDER DELI BAR OPEN FOR BUSINESS DAILY AS YET ANOTHER MEAL CHOICE!</p>	<p>²⁵</p>		<p>²⁷ THANK YOU FOR YOUR SUPPORT OF THE CONVAL FOOD SERVICE PROGRAM. HAVE A SAFE AND HAPPY SUMMER VACATION!</p>	