

**October 2020 High School Lunch Menu**

Contact the Food Service Office to learn more about Free & Reduced Price Meals in our District

\*\*\*MENU SUBJECT TO CHANGE\*\*\*

Each student learning in-person is entitled to 1 free breakfast and 1 free lunch every day

No additional application is required until further notice. Snacks and extra items will be charged accordingly

<b>BREAKFAST CORNER</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Grab N' Go Breakfast Bag</b>	<p>All students learning in-person are entitled to 1 free breakfast and 1 free lunch each day. All <u>MEAL</u> options on this menu are free to students. Items labeled "A La Carte" will be charged to the child's account according to price.</p> <p><b>PACKER MEAL - Pick 3 &amp; it's FREE!</b></p> <p>Students who pack, can request a Packer Meal to the cafe attendant. A Packer meal will consist of a milk of their choice, 1 fruit option, and 1 vegetable option. ALL 3 items listed must be given to the child to make a FREE Packer meal.</p> <p>When the cafe provides a free cookie or ice cream, students who pick up a Packer meal will also receive the free treat.</p>			10/1/2020	10/2/2020
<b>Daily:</b> Assorted Hot Sandwiches				<b>BREAKFAST FOR LUNCH</b> Dutch Waffle & Chicken Tenders Crispy Tater Tots Wango Mango Juice	<b>Lunch Entrée</b> Cheese Stuffed Shells <i>Choice of Red or Beef Meat Sauce</i> Garlic Texas Toast Steamed Broccoli
<b>Monday:</b> Mini Donuts					
<b>Tuesday:</b> Cini Mini					
<b>Wednesday:</b> Pop Tarts					
<b>Thursday:</b> Yogurt Parfait					
<b>Friday:</b> Large Cereal Cup					
All breakfasts include a juice and fruit					
<b>FALCON FAVORITES</b>	10/5/2020	10/6/2020	10/7/2020	10/8/2020	10/9/2020
<b>Pizza Options:</b>					
<b>MONDAY:</b> Big Daddy's Cheese Pizza	<b>Lunch Entrée</b> Chicken Tenders	<b>TACO TUESDAY</b> Beef Soft Tacos	<b>Lunch Entrée</b> BBQ Pulled Pork & Cornbread	<b>BREAKFAST FOR LUNCH</b> French Toast Sticks with Syrup	<b>Lunch Entrée</b> Lasagna Roll Up <i>Choice of Red or Beef Meat Sauce</i>
<b>TUESDAY:</b> Meat Lovers	Seasoned Curly Fries	Fiesta Rice & Pinto Beans	Mac & Cheese	Scrambled Eggs	
<b>WEDNESDAY:</b> Buffalo Chicken	Fresh Broccoli Dunkers	Lettuce, Cheese, & Salsa	Steamed Green Beans	Breakfast Potatoes	Garlic Texas Toast
<b>THURSDAY:</b> CC's	Dinner Roll with Margarine				Romaine Side Salad
<b>FRIDAY:</b> Pizza Cruncher	Baked Lay's Chips				
French Fries Available Each Day					
<b>HOT SANDWICH OF THE DAY</b>	10/12/2020	10/13/2020	10/14/2020	10/15/2020	10/16/2020
<b>MONDAY:</b> Spicy Chicken Patty   Cheeseburger	<b>NO SCHOOL</b>	<b>National School Lunch Week!</b>			
<b>TUESDAY:</b> Cowboy Burger   Chicken Patty	<b>National School Lunch Week!</b>	<b>Lunch Entrée</b> Grilled Cheese Sandwich	<b>Lunch Entrée</b> Cheeseburger Sub - Tomato & Lettuce	<b>Lunch Entrée</b> Sweet Orange Chicken	<b>Fish Fry Friday</b> Shrimp Poppers & French Fries
<b>WEDNESDAY:</b> Chicken Bacon   Cheeseburger	Check out the MENU options this week for free snacks!	Tomato Soup	Onion Rings	Stir Fry Rice	Cornbread
<b>THURSDAY:</b> Bacon Cheeseburger   Chicken Patty		Fresh Broccoli Dunkers	Baked Beans	Vegetable Egg Roll	Coleslaw
<b>FRIDAY:</b> Chicken & Waffle   Cheeseburger		Goldfish crackers	Baked Lay's Chips	Fortune Cookie	Assorted Cheese Stick
		**FREE COOKIE with Meal**	<i>Limited Menu Options - Testing Day</i>		**FREE ICE CREAM with Meal**
<b>FUNNEL CAKE FACTORY LINE</b>	10/19/2020	10/20/2020	10/21/2020	10/22/2020	10/23/2020
Enjoy a light healthy meal alternative! Large Muffin	<b>Lunch Entrée</b> Buffalo Chicken Flatbread	<b>TACO TUESDAY</b> Doritos Walking Taco	<b>Lunch Entrée</b> Crispy Chicken Alfredo	<b>FALCON FEAST</b> Oven Fried 2-pc Chicken	<b>Lunch Entrée</b> Hot Italian Grinder
String Cheese or Roasted Sunflower Kernels	Spring Mix Side Salad	Lettuce, Cheese, & Salsa	Garlic Texas Toast	Mashed Potatoes & Gravy	Colossal Fries
Yogurt Cup or Hard Cooked Egg	Blueberry Crisp	Fiesta Rice & Black Beans	Petite Garden Salad	Biscuit with Margarine	Baby Carrots
<b>***Uncrustables offered Daily***</b>		Fruit Filled Churro			Fresh Baked Cookie
<b>Add - Fruit and/or vegetable to make a complete meal</b>					
<b>DAILY ACCOMPANIMENTS</b>	10/26/2020	10/27/2020	10/28/2020	10/29/2020	10/30/2020
<b>Milk Choices:</b>	<b>Lunch Entrée</b> Chicken Poppers	<b>Lunch Entrée</b> Cheesesteak - Philly Style	<b>Lunch Entrée</b> Chicken Wing Bar	<b>Lunch Entrée</b> Teriyaki Beef & Broccoli	<b>Fish Fry Friday</b> Fish Sticks & Fries
1% White Milk or Fat Free Chocolate	Buttered Noodles	<i>Grilled Peppers and Onions</i>	<i>Choice of sauce</i>	Lo Mein	Cornbread
Daily Petite Garden Salad	Glazed Carrot Coins	Seasoned Wedges	Baby Carrots	Vegetable Egg Roll	BBQ Baked Beans
Fresh Fruits & Vegetables - Vegetable Juice Offered Daily	Dinner Roll with Margarine	Wango Mango Juice	J&J Pretzel	Fortune Cookie	Fresh Cucumber Dunkers

**100% Fruit Slushie Free with Meal - Friday's only**

**ALA CARTE OPTIONS\***

Assorted Chips, Fruit Roll-ups, Fruit Snacks, Chex Mix  
Rice Krispie Treats, Chewy Granola Bars, Pastries  
Assorted Crackers, Ice Cream and Drinks

\*Student must have money in account to purchase

CORNWALL-LEBANON SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

## The Falcon FREE Meal Deal

Choose ONE Entree

Daily Entrée Special  
Hot Sandwich of the Day  
Falcon Favorite  
Muffin Meal



Choose up to TWO Sides of Fruit

Fresh Fruit  
Fruit Cup



Choose up to TWO Sides of Vegetables

Daily Vegetable  
Assorted Vegetable Cup

Add Your Favorite Milk

**Don't Get**  
Take at least ONE Fruit or Veggie,  
And at least THREE items total to your meal  
counts as a complete lunch