

Food Service Coordinator: Emily Rodriguez
717-389-1849 or erodriguez@clsd.k12.pa.us

Cornwall-Lebanon School District

October 2020 K-5 Breakfast & Lunch Menu

CLSD Free Meals Program

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

MENU SUBJECT TO CHANGE

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

DAILY BREAKFAST CORNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Monday Confetti Pancakes</p> <p>Tuesday Lucky Charms</p> <p>Wednesday Egg & Cheese Wrap</p> <p>Thursday Cini Mini</p> <p>Friday Chocolate OR Powdered Donuts</p> <p>Breakfast includes 1 fruit and 1 juice box</p> <p>Milk is offered with each breakfast</p> <p><small>*ALL breakfast items are Whole Grain and Reduced Sugar</small></p>	<p>!!!</p> <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>PACKER MEAL - Pick 3 & it's FREE!</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 free ice cream, students who pick up a Packer meal, will also receive the free treat.</p>			<p style="text-align: center;">10/1/2020</p> <p style="text-align: center;">Lunch Entrée</p> <p>Spaghetti & Meatballs Spring Mix Side Salad Applesauce Cup</p>	<p style="text-align: center;">10/2/2020</p> <p style="text-align: center;">BREAKFAST FOR LUNCH</p> <p>Dutch Waffle & Yogurt cup Crispy Tater Tots Wango Mango Juice</p>	
DAILY ALTERNATIVE:	10/5/2020	10/6/2020	10/7/2020	10/8/2020	10/9/2020	
<p>Mondays, Tuesdays, Thursdays, and Fridays</p> <p>Muffin Meal - Muffin, 1 String Cheese, 1 yogurt cup Fruit & Vegetable cup</p> <p>Wednesdays</p> <p>Uncrustable (Peanut Butter and Grape Jelly) Fruit & Vegetable cup</p>	<p style="text-align: center;">Lunch Entrée</p> <p>Popcorn Chicken Seasoned Curly Fries Diced Peaches</p>	<p style="text-align: center;">TACO TUESDAY</p> <p>Beefy Soft Tacos Lettuce and Cheese Fiesta Black Beans Pineapple Tidbits</p>	<p style="text-align: center;">Lunch Entrée</p> <p>Hot Ham & Cheese Whole Apple Wango Mango Juice Baked Lay's Chips</p>	<p style="text-align: center;">Lunch Entrée</p> <p>Meatball Marinara Sub Fresh Broccoli Dunkers Applesauce Cup</p>	<p style="text-align: center;">BREAKFAST FOR LUNCH</p> <p>French Toast Sticks with Syrup Cheese Omelet Crispy Tater Tots Mandarin Orange Sections</p>	
FALCON SIDES!	10/12/2020	10/13/2020	10/14/2020	10/15/2020	10/16/2020	
<p>Fresh fruits and raw vegetables are offered daily with a muffin meal or main line</p>	<p>NO SCHOOL</p> <p style="text-align: center;">National School Lunch Week!</p> <p>Check out the MENU options this week for free snacks and giveaways!</p>		<p style="text-align: center;">Lunch Entrée</p> <p>Chicken Quesadilla Fiesta Rice & Pinto Beans Fresh Grapes</p> <p style="text-align: center;">**FREE COOKIE with Meal**</p>	<p style="text-align: center;">National School Lunch Week!</p> <p style="text-align: center;">BREAKFAST FOR LUNCH</p> <p>Dutch Waffle & Yogurt cup Crispy Tater Tots Wango Mango Juice</p>		<p style="text-align: center;">Lunch Entrée</p> <p>Cheeseburger Crinkle Cut Fries Apple Slices</p>
<p style="text-align: center;">Any student that makes a meal will be entered to win raffle prizes!</p>						
ALA CARTE OPTIONS*	10/19/2020	10/20/2020	10/21/2020	10/22/2020	10/23/2020	
<p>Assorted Hershey's Ice Cream - Assorted Baked Chips</p> <p><small>*All snacks are Smart Snack Compliant - Student must have money in account to purchase - A La Carte items are those items sold separately, not part of a meal.</small></p>	<p style="text-align: center;">Lunch Entrée</p> <p>Chicken Fries Buttered Noodles Glazed Carrot Coins Diced Strawberry Cup</p>	<p style="text-align: center;">TACO TUESDAY</p> <p>Beef Taco Bowl With Lettuce & Cheese Fiesta Rice & Black Beans Pineapple Tidbits</p>	<p style="text-align: center;">Lunch Entrée</p> <p>Chicken Patty Sandwich French Fries Spinach Side Salad Whole Apple</p>	<p style="text-align: center;">FALCON FEAST</p> <p>Popcorn Chicken Mashed Potatoes Corn Kernels Applesauce Cup</p>	<p style="text-align: center;">Lunch Entrée</p> <p>Pizza Breadsticks Marinara Dipping Sauce Romaine Side Salad Mandarin Orange Sections</p>	
CAFÉ NEWS!	10/26/2020	10/27/2020	10/28/2020	10/29/2020	10/30/2020	
<p>ONLINE PAYMENTS VIA SKYWARD: https://www.clsd.k12.pa.us/</p> <p>CASH/CHECK PAYMENTS MAY BE BROUGHT TO YOUR STUDENT'S HOMEROOM TEACHER.</p> <p>PLEASE PUT IN ENVELOPE WITH NAME AND PIN ON FRONT</p> <p>ONLINE FREE & REDUCED APPLICATIONS MAY BE FOUND AT: https://www.compass.state.pa.us</p>	<p style="text-align: center;">Lunch Entrée</p> <p>Chicken Nuggets Mac & Cheese Fresh Broccoli Dunkers Mixed Fruit Cup</p>	<p style="text-align: center;">Lunch Entrée</p> <p>Spanish Seasoned Pork Fiesta Rice Sweet Plantains Fresh Grapes</p>	<p style="text-align: center;">Lunch Entrée</p> <p>Sweet Orange Chicken Stir Fry Rice & Wango Mango Juice Diced Pears Fortune Cookie</p>	<p style="text-align: center;">Lunch Entrée</p> <p>Mini Corn Dogs Crispy Tater Tots Vegetarian Baked Beans Fresh Apple Slices</p>	<p style="text-align: center;">Halloween Special</p> <p>French Bread Pizza Assorted Veggie Cup 100% Juice Slushie</p> <p style="text-align: center;">**FREE COOKIE with Meal**</p>	

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

The Falcon FREE Lunch Meal Deal

Choose ONE Entrée

Daily Entrée Special
Muffin Entrée



Choose 1 fruit

Fresh Fruit
Fruit Cup



Choose 1 vegetable

Daily Vegetable
Assorted Vegetable Cup

Add Your Favorite Milk

The Falcon FREE Breakfast

BREAKFAST ENTREE FRUIT AND JUICE

1% WHITE MILK -OR- FAT FREE CHOCOLATE MILK

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

\$1.85