

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

Cornwall-Lebanon School District

CLSD Free Meals Program



October 2021 Middle School Lunch Menu

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

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

BREAKFAST CORNER		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Common's Café is OPEN		 <p style="text-align: center;">COMING IN OCTOBER... WHOLE GRAIN DOMINOS PIZZA MAKE A MEAL AND IT'S FREE!</p> 				10/1/2021 Lunch Entrée: Meatball Marinara Sub Ranch Style Green Beans Assorted Baked Chips
MONDAY: French Toast Sticks -OR- Mini Donuts TUESDAY: Bacon, Egg, & Cheese on a Bagel -OR- Honey Bun WEDNESDAY: Fresh Baked Cinnamon Roll -OR- Mini Donuts THURSDAY: Sausage, Egg, & Cheese on a Crossiant -OR- Honey Bun FRIDAY: Cini Mini -OR- Mini Donuts						
Daily - Assorted Cereal -OR- Yogurt Cup & Granola Packet FREE Breakfast: Entrée + Fruit AND/OR Juice + MILK						
PIZZA LINE		10/4/2021 Lunch Entrée: Chicken Tenders Combread Loaf French Fries Sauces: Buffalo, BBQ, Honey Mustard	10/5/2021 Lunch Entrée: Doritos Walking Taco Fiesta Black Beans Lettuce, Cheese, Tomato, Sour Cream Fruit Filled Churro	10/6/2021 Lunch Entrée: Hot Ham & Cheese on a Pretzel Roll Choice of Baked Chips Rainbow Pasta Salad	10/7/2021 Breakfast for Lunch: Dutch Waffle & Chicken Tenders Tater Tots Paradise Punch	10/8/2021 Lunch Entrée: Spaghetti with Meat Sauce Garlic Texas Toast Steamed Broccoli
Monday Pepperoni Tuesday CC's Cheese Wednesday Four Meat Thursday Buffalo Chicken Friday Pepperoni		Weekly Sub: Turkey on Club Roll				
Domino's Whole Grain Pizza - Starting Week of 10/12/21 SANDWICH BAR		NATIONAL SCHOOL LUNCH WEEK				
Monday Pulled Pork Sandwich Tuesday Bacon Cheeseburger Wednesday Buffalo Chicken Sandwich with Pepper Jack Thursday Philly Cheesesteak Friday Chicken & Waffles Sandwich		10/11/2021 PROFESSIONAL LEARNING DAY NO SCHOOL FOR STUDENTS	10/12/2021 Lunch Entrée: Soft Beefy Tacos Fiesta Rice and Pinto Beans Lettuce, Cheese, Tomato, Sour Cream FREE Baked Cookie!	10/13/2021 Build Your Own Burger Start with a Hamburger Choose Bacon or Onion Rings Top with your choice of Cheese Lettuce, Tomato, Pickles, Onions Choice of Baked Chips Coleslaw	10/14/2021 Breakfast for Lunch: Scramble Egg Bowl & Potatoes Choice of Sausage or Bacon Fresh Baked Cinnamon Roll Paradise Punch	10/15/2021 Lunch Entrée: Italian Griller (Spicy Italian Meats with American Cheese on sliced bread) Marinara Dipping Sauce Fresh Cucumber Dunkers FREE Ice Cream!
Monday Pulled Pork Sandwich Tuesday Bacon Cheeseburger Wednesday Buffalo Chicken Sandwich with Pepper Jack Thursday Philly Cheesesteak Friday Chicken & Waffles Sandwich		Weekly Sub: Italian Wrap				
MUFFIN MEAL LINE		10/18/2021	10/19/2021	10/20/2021	10/21/2021	10/22/2021
Whole Grain Pastries or Unrustables and Protein Options		Lunch Entrée: Chicken Poppers Macaroni and Cheese Steamed Broccoli Dinner Roll with Margerine	Lunch Entrée: Cowboy Burger <small>(Hamburger with Pepper jack Cheese, crispy onion rings and BBQ sauce)</small> Vegetarian Baked Beans Lettuce, Tomato, Pickle Spears Assorted Baked Chips	Lunch Entrée: General Tso Chicken Rice Bowl <small>(Crispy Chicken in General Tso Sauce over brown rice)</small> Steamed Broccoli Fortune Cookie FREE Ice Cream!	Breakfast for Lunch: French Toast with Cheesy Omelet Sausage Links Tater Tots Paradise Punch	Lunch Entrée: Chicken Alfredo over Penne Garlic Texas Toast Fresh Salad with Dressing
IT'S BACK! SALAD BAR Two Lettuce Options, Cupped Meats, Bagged Croutons Veggie Bar: Carrots, Cherry Tomato, Celery, Cucumbers, Assorted Peppers		Weekly Sub: Turkey Bacon Cheddar on Sliced Bread				
MILK CHOICES:		10/25/2021	10/26/2021	10/27/2021	10/28/2021	10/29/2021
1% White Milk Fat Free Chocolate Fat Free Strawberry		Lunch Entrée: Chicken Tenders Mashed Potatoes and Gravy Corn Kernels Dinner Roll with Margerine	Build Your Own Burrito Bowl Choice of Seasoned Pork or Beef Tortilla, Fiesta Rice and Pinto Beans Lettuce, Cheese, Tomato Sour Cream and Salsa Fruit Filled Churro	Lunch Entrée: Wing Bar & Pretzel Choose Buffalo or BBQ Sauce Fresh Carrots and Celery Cup	Breakfast for Lunch: Spider's Web Frankenstein Fingers Mini Tombstones Witch's Vegetable Brew Zombie Ice Cream	Lunch Entrée: Falcon Pepperoni Melt (Mozzarella & American Cheese, Pepperoni, on sliced bread) Marinara Dipping Sauce Assorted Cheese Stick Rainbow Pasta Salad
ALA CARTE OPTIONS* Assorted Chips, Fruit Snacks, Assorted Ice Cream, Whole Grain Pastries and Cookies, Assorted 100% Juice Beverages *Student must have money in account to purchase		Weekly Sub: Ham & Cheese on Club Roll				
CAFE NEWS		The Falcon FREE Meal Deal				
ONLINE PAYMENTS VIA SKYWARD: https://www.clsd.k12.pa.us/ CASH/CHECK PAYMENTS MAY BE BROUGHT TO YOUR STUDENT'S HOMEROOM TEACHER. PLEASE PUT IN ENVELOPE WITH NAME AND PIN ON FRONT		Choose ONE Entree Main Line Pizza Hot Bar Alternate	Choose up to TWO Sides of Vegetables Daily Vegetable Vegetable Juice Main Hot Vegetable	Choose up to TWO Sides of Fruit Fresh Fruit Fruit Cup Add Your Favorite Milk	Don't Forget! Take at least ONE fruit or Veggie. And at least THREE items total so your meal counts as a complete lunch	
Free Meals continue through June 30 2022!						