

Food Service Coordinator: Emily Rodriguez  
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## Cornwall-Lebanon School District October 2021 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
<b>Grab N' Go Entrée*</b> <b>MONDAY:</b> Cini Mini <b>TUESDAY:</b> Mini Pancakes <b>WEDNESDAY:</b> Yogurt Cup & Muffin Top <b>THURSDAY:</b> Sausage, Egg, & Cheese Sandwich <b>FRIDAY:</b> Powdered or Chocolate Mini Donuts  <b>Assorted Cereal Offered Daily</b> <b>Breakfast includes 1 fruit and 1 juice box</b> <small>*All breakfast items are Whole Grain and Reduced Sugar</small>					<b>10/1/2021</b>  <b>Lunch Entrée:</b> Deep Dish Pizza - Cheese OR Pepperoni Fresh Vegetable Cup Juice Rush Slushie  
<b>DAILY ALTERNATIVE:</b> <b>Mondays, Wednesdays, and Fridays</b> Muffin Meal - Muffin Top, String Cheese, Yogurt Cup, Goldfish  <b>Tuesdays and Thursdays</b> Uncrustable (Peanut Butter and Jelly) OR Anytimers Munchable Pack (Pizza)	<b>10/4/2021</b>  <b>Lunch Entrée:</b> Chicken Patty Sandwich Crinkle Cut Fries Fresh Broccoli Dunkers	 <b>10/5/2021</b>  <b>Lunch Entrée:</b> Doritos Walking Taco Fiesta Black Beans Lettuce, Cheese, Tomato, Sour Cream	<b>10/6/2021</b>  <b>Lunch Entrée:</b> Hot Ham & Cheese on a Roll Baked Chips Fresh Cucumber Dunkers	<b>10/7/2021</b>  <b>Lunch Entrée:</b> Dutch Waffle & Yogurt Cup Tater Tots Baby Carrots	 <b>10/8/2021</b>  <b>Lunch Entrée:</b> Big Daddy's Cheese Pizza Fresh Salad with Dressing Juice Rush Slushie  
<b>NATIONAL SCHOOL LUNCH WEEK</b>					
<b>FALCON SIDES!</b>  Fresh fruits and raw vegetables are offered daily with any meal choice	<b>10/11/2021</b>  <b>PROFESSIONAL LEARNING DAY</b>	<b>10/12/2021</b>  <b>Lunch Entrée:</b> Meatball Marinara Sub Curly Fries Ranch Style Green Beans  <b>FREE Baked Cookie!</b>	<b>10/13/2021</b>  <b>Lunch Entrée:</b> Chicken Alfredo over Penne Garlic Toast Steamed Broccoli	<b>10/14/2021</b>  <b>Falcon Feast</b> Popcorn Chicken with Dinner Roll Mashed Potatoes & Gravy Corn Kernels	<b>10/15/2021</b>  <b>Lunch Entrée:</b> Pizza-Boli with Marinara Fresh Vegetable Cup Paradise Punch  <b>FREE Ice Cream!</b>
<b>GOT MILK?</b> <b>Milk Choices:</b> 1% White Milk Fat Free Chocolate Milk Fat Free Strawberry	<b>NO SCHOOL FOR STUDENTS</b>				
<b>ALA CARTE OPTIONS*</b> Assorted Hershey's Ice Cream - Assorted Baked Chips  <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>	<b>10/18/2021</b>  <b>Lunch Entrée:</b> Sweet Orange Chicken Stir Fry Rice Steamed Broccoli	<b>10/19/2021</b>  <b>Lunch Entrée:</b> Soft Beef Tacos Ranchero Pinto Beans Lettuce, Cheese, Tomato, Sour Cream	<b>10/20/2021</b>  <b>Lunch Entrée:</b> Cheeseburger Potato Wedges Fresh Cucumber Dunkers	<b>10/21/2021</b>  <b>Breakfast for Lunch:</b> French Toast & Cheesy Omelet Tater Tots Paradise Punch	<b>10/22/2021</b>  <b>Lunch Entrée:</b> Stuffed Breadsticks with Marinara Sauce Fresh Salad with Dressing Juice Rush Slushie  
<b>CAFÉ NEWS!</b> ONLINE PAYMENTS VIA SKYWARD: <a href="https://www.clsd.k12.pa.us/">https://www.clsd.k12.pa.us/</a>  CASH/CHECK PAYMENTS MAY BE BROUGHT TO YOUR STUDENT'S HOMEROOM TEACHER. PLEASE PUT IN ENVELOPE WITH NAME AND PIN ON FRONT	<b>10/25/2021</b>  <b>Lunch Entrée:</b> Chicken Tenders & Cornbread Mashed Potatoes Ranch Style Green Beans	<b>10/26/2021</b>  <b>Lunch Entrée:</b> Spaghetti with Meat Sauce Breadstick Fresh Salad with Dressing	<b>10/27/2021</b>  <b>Lunch Entrée:</b> ALL Beef Hot Dog on a Bun Vegetarian Baked Beans Baby Carrots	<b>10/28/2021</b>  <b>Lunch Entrée:</b> Goopy Grilled Cheese Spider Web Soup Witches Tree Dunkers <b>Zombie Ice Cream</b>	 <b>10/29/2021</b>  <b>Lunch Entrée:</b> Big Daddy's Cheese Pizza Fresh Salad with Dressing Paradise Punch
<b>Free Meals continue through June 30 2022!</b>					

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

Oh Yeah! It's FREE

Choose ONE Entrée  
Daily Entrée Special  
Muffin Entrée



### The Falcon FREE Lunch Meal Deal

Choose 1 fruit  
Fresh Fruit  
Fruit Cup



Choose 1 vegetable  
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 so your meal counts as a complete lunch

### The Falcon FREE Breakfast

BREAKFAST ENTREE ∞ FRUIT AND JUICE

1% WHITE MILK -OR- FAT FREE CHOCOLATE MILK