

**August & September 2022 High School Lunch Menu**

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

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

BREAKFAST CORNER		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Breakfast served DAILY</b>		8/29/2022	8/30/2022	8/31/2022	9/1/2022	9/2/2022	
Assorted Hot Sandwiches, Cereal, Yogurt, and Pastries		<b>Lunch Entrée:</b> Chicken Tenders Cornbread French Fries Ranch Style Green Beans	 <b>Taco Tuesday:</b> Doritos Walking Taco Fiesta Rice & Black Beans Lettuce, Cheese, Salsa Sour Cream	<b>Lunch Entrée:</b> Hot Ham & Cheese on a Pretzel Roll Choice of Baked Chips Tortellini Pasta Salad Fresh Baked Cookie	<b>Breakfast for Lunch:</b> Dutch Waffle & Chicken Tenders Tater Tots Paradise Punch	<b>PROFESSIONAL LEARNING DAY NO SCHOOL FOR STUDENTS</b>	
<b>Monday</b>	French Toast Sticks	<b>Breakfasts and Lunches at school are no longer universally free for all students.</b> Visit <a href="https://clsld.k12.pa.us">clsld.k12.pa.us</a> for more info!					
<b>Tuesday</b>	Falcon Hashbrown Sandwich						
<b>Wednesday</b>	Baked Cinnamon Roll						
<b>Thursday</b>	Falcon Hashbrown Sandwich						
<b>Friday</b>	Cini Mini						
Breakfast meal choice includes fruit, juice, and milk		Weekly Sub: Turkey on Club Roll					
<b>FALCON FAVORITES</b>		9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022	
<b>Pizza Options:</b>			<b>Taco Tuesday:</b> Nachos Grande (Boat of Tortilla Chips Choice of Beef Or Chicken, Cheese Sauce) Assorted Toppings & Black Bean Salsa Fruit Filled Churro	<b>Wing Bar:</b> Wing Bar & Soft Pretzel Assorted Sauces Carrot & Celery Cup Fresh Baked Cookie	<b>Lunch Entrée:</b> Teriyaki Noodle Bowl (Garlic Basil Meatballs with Noodles, Broccoli, Carrots in Teriyaki Sauce) Egg Roll & Fortune Cookie Duck Sauce, Soy Sauce, Siracha	<b>Fish Fry Friday:</b> Shrimp Poppers & French Fries Cornbread Coleslaw Assorted Cheese Stick	
<b>MONDAY:</b>	Cheese OR Pepperoni		Weekly Sub: Italian Wrap				
<b>TUESDAY:</b>	Big Daddy's 4 Meat						
<b>WEDNESDAY:</b>	Buffalo Chicken						
<b>THURSDAY:</b>	CC's						
<b>FRIDAY:</b>	Dominos						
French Fries Available Each Day		Weekly Sub: Turkey Bacon Cheddar on Sliced Bread					
<b>HOT SANDWICH OF THE DAY</b>		9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022	
<b>MONDAY:</b>	Cheeseburger Roller   Buffalo Chicken with Pepperjack	<b>Lunch Entrée:</b> Chicken Nuggets Dinner Roll with Margarine Buttered Noodles Ranch Style Green Beans	<b>Build Your Own Burrito Bowl</b> Choice of Seasoned Beef or Pork Add - Rice, Beans, Queso Blanco Lettuce, Tomatoes, Corn, Tortilla Salsa, Cheese, Sour Cream Fruit Filled Churro **Harvest of the Month Recipe**	<b>Build Your Own Burger</b> Choice of Beef or Veggie Patty Assorted Toppings Assorted Cheese Baked Chips Fresh Baked Cookie	<b>Falcon Feast</b> Popcorn Chicken Mashed Potatoes & Gravy Steam Corn Kernels Dinner Roll with Margarine	<b>Lunch Entrée:</b> Spaghetti with Meat Sauce Garlic Texas Toast Steamed Broccoli	
<b>TUESDAY:</b>	Hot Dog   Chicken Tenders and Cornbread	Weekly Sub: Turkey Bacon Cheddar on Sliced Bread					
<b>WEDNESDAY:</b>	Cheeseburger Roller   Philly Cheesesteak						
<b>THURSDAY:</b>	Hot Dog   Chicken Tenders and Cornbread						
<b>FRIDAY:</b>	BBQ Pulled Pork						
Chicken Sandwich and Burgers Offered Daily		9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022	
<b>ALTERNATE</b>		<b>Lunch Entrée:</b> Chicken Poppers Macaroni and Cheese Steamed Broccoli Dinner Roll with Margarine	<b>Lunch Entrée:</b> BBQ Pork on Kaiser Bun Corn on the Cob Vegetarian Baked Beans	<b>Stir Fry Bowl:</b> Choice of Teriyaki Beef OR Orange Chicken Stir Fry Rice Stir Fry Vegetables Pot Stickers	<b>Lunch Entrée:</b> Chipotle Chicken & Bacon Flat Bread (Pulled Chicken, Bacon, Garlic Spread, Cheese, Spicy Chipotle Mayo Drizzle) Baked Chips Strawberry Salad	<b>Fish Fry Friday:</b> Crispy Fish Sandwich Curly Fries Fresh Cucumber Dunkers Coleslaw	
***Uncrustables & Pre-Made Salads offered Daily***		Weekly Sub: Ham & Cheese on Club Roll					
Vegetarian Muffin Meals		Weekly Sub: Tuna Salad with Cheese on Kaiser					
<b>Soup &amp; Salad Bar available to ALL students</b>		CORNWALL-LEBANON SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.					
Assorted Veggies, Protein, Toppings		9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022	
<b>DAILY ACCOMPANIMENTS</b>		<b>Lunch Entrée:</b> Chicken Tenders Mashed Potatoes and Gravy Ranch Style Green Beans Dinner Roll with Margarine	<b>Taco Tuesday:</b> Southwest Beef Burrito (Taco Beef, Fiesta Rice, Beans, Corn, Shredded Cheese in a Flour Tortilla) Cinnamon Pretzel Stick Salsa and Sour Cream	<b>Pasta Bar:</b> Choice of Whole Grain Noodle Chicken or Meatballs Alfredo or Marinara Sauce Garlic Toast Fresh Salad with Dressing	<b>Breakfast for Lunch:</b> French Toast with Cheesy Omelet Sausage Links Tater Tots Paradise Punch	<b>Lunch Entrée:</b> Buffalo Chicken Dip Tortilla Chips Carrot & Celery Cup Fresh Baked Cookie	
1% White Milk, Fat Free Chocolate, Fat Free Strawberry		Weekly Sub: Tuna Salad with Cheese on Kaiser					
Fresh Fruits & Vegetables		CORNWALL-LEBANON SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.					
100% Fruit Slushie Free with Meal - Friday's only		CORNWALL-LEBANON SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.					
<b>A LA CARTE OPTIONS*</b>		CORNWALL-LEBANON SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.					
Assorted Chips, Fruit Roll-ups, Fruit Snacks, Chex Mix Rice Krispie Treats, Chewy Granola Bars, Pastries Assorted Crackers, Ice Cream and Drinks		CORNWALL-LEBANON SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.					
*Student must have money in account to purchase		CORNWALL-LEBANON SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.					
<b>CAFÉ NEWS</b>		CORNWALL-LEBANON SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.					
ONLINE PAYMENTS VIA SKYWARD: <a href="https://www.clsld.k12.pa.us/">https://www.clsld.k12.pa.us/</a>		CORNWALL-LEBANON SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.					
<b>Complete a Free or Reduced Meals Application to see if you qualify for free or reduced meals.</b>		CORNWALL-LEBANON SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.					

## The Falcon Meal Deal

Choose **ONE** Entree

Daily Entrée Special  
Hot Sandwich of the Day  
Soup & Salad Bar  
Falcon Favorite  
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 4Get**  
Take at least **ONE** Fruit or Veggie.  
And at least **THREE** items total so your meal counts as a complete lunch.