

Supervisor of Food & Nutrition Services
Emily Rodriguez, RDN
717-389-1849 | erodriguez@clsd.k12.pa.us

Cornwall-Lebanon School District

August & September 2022 Middle School Lunch Menu

MEAL PRICES:

Breakfast - \$2.00
Reduced Price Breakfast - \$.30

Lunch - \$2.85
Reduced Price Lunch - \$.40

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

MENU SUBJECT TO CHANGE

BREAKFAST CORNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Common's Café Breakfast Cart	8/29/2022	8/30/2022	8/31/2022	9/1/2022	9/2/2022
MONDAY: French Toast Sticks TUESDAY: Bacon, Egg, & Cheese on a Bagel WEDNESDAY: Fresh Baked Cinnamon Roll THURSDAY: Sausage, Egg, & Cheese on a Crossiant FRIDAY: Cini Mini Daily - Assorted Cereal, Yogurt Parfait, Smoothie, Pastries Breakfast meal choice includes fruit, juice, and milk	Lunch Entrée: Chicken Tenders Cornbread Loaf French Fries	Taco Tuesday: Doritos Walking Taco Fiesta Black Beans Lettuce, Cheese, Tomato, Sour Cream Fruit Filled Churro	Lunch Entrée: Hot Ham & Cheese on a Pretzel Roll Choice of Baked Chips Tortellini Pasta Salad	Breakfast for Lunch: Dutch Waffle & Chicken Tenders Tater Tots Paradise Punch	PROFESSIONAL LEARNING DAY NO SCHOOL FOR STUDENTS <div style="background-color: yellow; padding: 5px; text-align: center;"> Breakfasts and Lunches at school are no longer universally free for all students. Visit clsd.k12.pa.us for more info! </div>
Weekly Sub: Turkey on Club Roll					
PIZZA LINE	9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022
MONDAY: Pepperoni TUESDAY: CC's WEDNESDAY: Four Meat THURSDAY: Buffalo Chicken FRIDAY: Dominos ***Daily - Big Daddy's Cheese Pizza*** Fries available Monday, Wednesday and Friday		Taco Tuesday: Beef Taco's Supreme Crunchy Shell Tacos, Cheddar Cheese Lettuce, Tomato, Salsa, Sour Cream Cinnamon Pretzel Stick	Build Your Own Burger Choose Bacon and/or Onion Rings Top with your choice of Cheese Lettuce, Tomato, Pickles Choice of Baked Chips Vegetarian Baked Beans	Falcon Feast: Popcorn Chicken Mashed Potatoes & Gravy Steam Corn Kernels Dinner Roll with Margarine	Lunch Entrée: Chicken Pram Sandwich (Crispy Chicken, Mozzarella, Parmesan Cheese on a Roll) Marinara Sauce Caesar Salad
Weekly Sub: Italian Wrap					
SANDWICH BAR	9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
MONDAY: BBQ Pulled Pork on a Kaiser Roll TUESDAY: Chicken Tenders and Cornbread WEDNESDAY: Buffalo Chicken with Pepperjack THURSDAY: Bacon Cheeseburger FRIDAY: Chicken & Waffles ***Daily - Chicken Sandwich, Cheeseburger, Hot Dog***	Lunch Entrée: Chicken Poppers Macaroni and Cheese Steamed Broccoli Dinner Roll with Margarine **Harvest of the Month Recipe**	Lunch Entrée: Cowboy Burger (Hamburger with Pepperjack cheese, crispy onion rings and BBQ sauce) Vegetarian Baked Beans Lettuce, Tomato, Pickles Assorted Baked Chips	Lunch Entrée: General Tso's Chicken & Rice Bowl (Crispy Chicken in General Tso's Sauce over stir fry rice) Stir Fry Vegetables Mandarin Orange Cream Dessert	Breakfast for Lunch: French Toast with Cheesy Omelet Sausage Links Tater Tots Paradise Punch **Free Ice Cream**	Lunch Entrée: Chicken Alfredo over Penne Garlic Texas Toast Fresh Salad with Dressing
Weekly Sub: Turkey Bacon Cheddar on Sliced Bread					
SALAD BAR	9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
SALAD BAR Soup served with Salad Bar ONLY Choice of Protein, Lettuce, Assorted Vegetables Fresh Fruit and a Grain ***Fresh Vegetable Bar available***	Lunch Entrée: Chicken Nuggets Dinner Roll with Margarine Buttered Noodles Ranch Style Green Beans	Lunch Entrée: Sloppy Joe on Kaiser Bun French Fries Fresh Cucumber Dunkers	Lunch Entrée: Wing Bar Choice of Sauce Fresh Carrots and Celery Cup Philly Style Pretzel	Lunch Entrée: BBQ Pork on Kaiser Bun Corn on the Cob Coleslaw	Lunch Entrée: Philly Cheesesteak Assorted Toppings Curly Fries Fresh Broccoli Dunkers
Weekly Sub: Ham & Cheese on Club Roll					
MILK CHOICES:	9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022
1% White Milk Fat Free Chocolate Fat Free Strawberry	Lunch Entrée: Chicken Tenders Mashed Potatoes and Gravy Ranch Style Green Beans Dinner Roll with Margarine	Lunch Entrée: Chicken & Cheese Quesadilla (Seasoned Grilled Chicken with Jalapeno Cheese Sauce, Peppers and Onions) Fiesta Rice and Black Beans Sour Cream and Salsa	Lunch Entrée: Shrimp Poppers and Cornbread Tater Tots Assorted Cheese Stick Fresh Broccoli Dunkers	Breakfast for Lunch: Scramble Egg Bowl & Potatoes Choice of Sausage or Bacon Fresh Baked Cinnamon Roll Paradise Punch	Lunch Entrée: Meatball Marinara Sub Assorted Baked Chips Fresh Salad with Dressing
Weekly Sub: Tuna Salad with Cheese on Kaiser					
MUFFIN MEAL LINE					
Whole Grain Pastries or Uncrustables and Protein Options					
A LA 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					
CAFÉ NEWS					
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					
<div style="border: 2px solid black; padding: 10px; text-align: center;"> <h3 style="margin: 0;">The Falcon Meal Deal</h3> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Choose <u>ONE</u> Entree</p> <p>Main Line Hot Bar Pizza Muffin Meal Soup & Salad Bar</p> </div> <div style="text-align: center;"> <p>Choose up to <u>TWO</u> Sides of Vegetables</p> <p>Fresh Vegetable Bar Vegetable Juice Main Hot Vegetable</p> </div> <div style="text-align: center;"> <p>Choose up to <u>TWO</u> Sides of Fruit</p> <p>Fresh Fruit Fruit Cup</p> <p>Add Your Favorite Milk</p> </div> </div> <div style="margin-top: 10px; text-align: center;"> </div> </div>					
<div style="background-color: yellow; padding: 5px; transform: rotate(-10deg); display: inline-block;"> Don't Get Take at least <u>ONE</u> Fruit or Veggie. And at least <u>THREE</u> items total so your meal counts as a complete lunch </div>					
Complete a Free or Reduced Meals Application to see if you qualify for free or reduced meals.					