

Cornwall-Lebanon School District

August & September 2022 Elementary Breakfast & Lunch Menu

MEAL PRICES:

Breakfast - \$1.90
Reduced Price Breakfast - \$.30

Lunch - \$2.75
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
Grab N' Go Entrée* MONDAY: Cini Mini TUESDAY: Sausage, Egg, & Cheese Sandwich WEDNESDAY: Warm Muffin & Fruit Smoothie THURSDAY: Mini French Toast FRIDAY: Powdered or Chocolate Mini Donuts Assorted Cereal Offered Daily Breakfast Meal choice includes fruit, juice, and milk <small>*ALL breakfast items are Whole Grain and Reduced Sugar</small>	8/29/2022	8/30/2022 Lunch Entrée: Chicken Patty Sandwich Crinkle Cut Fries Fresh Broccoli Dunkers	8/31/2022 Lunch Entrée: Doritos Walking Taco Fiesta Black Beans Lettuce, Cheese, Tomato, Sour Cream	9/1/2022 Lunch Entrée: Dutch Waffle & Yogurt Cup Tater Tots Baby Carrots	9/2/2022 PROFESSIONAL LEARNING DAY NO SCHOOL FOR STUDENTS
DAILY ALTERNATIVE: Mondays, Wednesdays, and Fridays Uncrustable (Peanut Butter and Jelly) OR Anytimers Munchable Pack Tuesdays and Thursdays Turkey Sandwich	9/5/2022	9/6/2022 Lunch Entrée: Meatball Marinara Sub Fresh Broccoli Dunkers Fresh Salad with Dressing	9/7/2022 Falcon Feast Popcorn Chicken with Dinner Roll Mashed Potatoes & Gravy Steamed Corn Kernels	9/8/2022 Lunch Entrée: Cheeseburger Potato Wedges & Baked Beans Fresh Cucumber Dunkers 	9/9/2022 Lunch Entrée: Stuffed Cheesy Bread with Marinara Fresh Vegetable Cup Paradise Vegetable Punch
SALAD BAR Choice of Protein, Lettuce, Assorted Vegetables Fresh Fruit and a Grain	9/12/2022	9/13/2022 Lunch Entrée: Sweet Orange Chicken Stir Fry Rice Stir Fry Vegetable Blend	9/14/2022 Lunch Entrée: Beef Tacos - Hard Shell Lettuce, Cheese, Tomato, Sour Cream Ranchera Pinto Beans Fruit Filled Churro **Harvest of the Month Recipe**	9/15/2022 Breakfast for Lunch: French Toast & Cheesy Omelet Tater Tots Paradise Vegetable Punch	9/16/2022 Lunch Entrée: Cheese OR Pepperoni Fresh Salad with Dressing Juice Slushie
FALCON SIDES! Fresh fruits and raw vegetables are offered daily with any meal choice	9/19/2022	9/20/2022 Lunch Entrée: Chicken Tenders Mashed Potatoes and Gravy Mixed Vegetables	9/21/2022 Lunch Entrée: Spaghetti with Meat Sauce Breadstick Fresh Salad with Dressing	9/22/2022 Lunch Entrée: Sloppy Joe on Kaiser Bun Crinkle Cut Fries Baby Carrots	9/23/2022 Lunch Entrée: Tony's Round Cheese Pizza Fresh Cucumber Dunkers Paradise Vegetable Punch
MILK CHOICES: Milk Choices: 1% White Milk - Fat Free Chocolate Milk - Fat Free Strawberry	9/19/2022	9/20/2022 Lunch Entrée: Chicken Tenders Mashed Potatoes and Gravy Mixed Vegetables	9/21/2022 Lunch Entrée: Spaghetti with Meat Sauce Breadstick Fresh Salad with Dressing	9/22/2022 Lunch Entrée: ALL Beef Hot Dog on a Bun Vegetarian Baked Beans & Baked Chips Baby Carrots 	9/23/2022 Lunch Entrée: Tony's Round Cheese Pizza Fresh Cucumber Dunkers Paradise Vegetable Punch
A LA CARTE SALES BEGIN SEPTEMBER 13th	9/19/2022	9/20/2022 Lunch Entrée: Chicken Tenders Mashed Potatoes and Gravy Mixed Vegetables	9/21/2022 Lunch Entrée: Spaghetti with Meat Sauce Breadstick Fresh Salad with Dressing	9/22/2022 Lunch Entrée: ALL Beef Hot Dog on a Bun Vegetarian Baked Beans & Baked Chips Baby Carrots	9/23/2022 Lunch Entrée: Tony's Round Cheese Pizza Fresh Cucumber Dunkers Paradise Vegetable Punch
HERSHEY'S Ice Cream *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.	9/19/2022	9/20/2022 Lunch Entrée: Chicken Tenders Mashed Potatoes and Gravy Mixed Vegetables	9/21/2022 Lunch Entrée: Spaghetti with Meat Sauce Breadstick Fresh Salad with Dressing	9/22/2022 Lunch Entrée: ALL Beef Hot Dog on a Bun Vegetarian Baked Beans & Baked Chips Baby Carrots	9/23/2022 Lunch Entrée: Tony's Round Cheese Pizza Fresh Cucumber Dunkers Paradise Vegetable Punch
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	9/19/2022	9/20/2022 Lunch Entrée: Chicken Tenders Mashed Potatoes and Gravy Mixed Vegetables	9/21/2022 Lunch Entrée: Spaghetti with Meat Sauce Breadstick Fresh Salad with Dressing	9/22/2022 Lunch Entrée: ALL Beef Hot Dog on a Bun Vegetarian Baked Beans & Baked Chips Baby Carrots	9/23/2022 Lunch Entrée: Tony's Round Cheese Pizza Fresh Cucumber Dunkers Paradise Vegetable Punch
Complete a Free & Reduced Price School Meals Application to see if you qualify!	9/19/2022	9/20/2022 Lunch Entrée: Chicken Tenders Mashed Potatoes and Gravy Mixed Vegetables	9/21/2022 Lunch Entrée: Spaghetti with Meat Sauce Breadstick Fresh Salad with Dressing	9/22/2022 Lunch Entrée: ALL Beef Hot Dog on a Bun Vegetarian Baked Beans & Baked Chips Baby Carrots	9/23/2022 Lunch Entrée: Tony's Round Cheese Pizza Fresh Cucumber Dunkers Paradise Vegetable Punch

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

The Falcon Lunch Meal Deal

Choose **ONE** Entrée
Main Entrée
Daily Alternative
Salad Bar



Choose up to 2 fruits
Fresh Fruit
Daily Fruit
Add Your Favorite Milk



Choose up to 2 vegetables
Daily Vegetable
Assorted Vegetable Cup

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 Breakfast

BREAKFAST ENTREE



FRUIT AND JUICE

ADD YOUR FAVORITE MILK