

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

## Cornwall-Lebanon School District

### MEAL PRICES:

Breakfast - Price Breakfast - Reduced  
Lunch - \$2.85  
Reduced Price Lunch - \$4.00

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

**FREE**  
Breakfast for all enrolled students!

## October 2022 Middle School Lunch Menu

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

BREAKFAST CORNER		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Common's Café Breakfast Cart</b>		10/3/2022	10/4/2022	10/5/2022	10/6/2022	10/7/2022
<b>MONDAY:</b> French Toast Sticks		<b>Lunch Entrée:</b> Chicken Tenders Combread Loaf French Fries	<b>Lunch Entrée:</b> Doritos Walking Taco Fiesta Black Beans Lettuce, Cheese, Tomato, Sour Cream Fruit Filled Churro	<b>Lunch Entrée:</b> Hot Ham & Cheese on a Pretzel Roll Choice of Baked Chips Tortellini Pasta Salad	<b>Breakfast for Lunch:</b> Dutch Waffle & Chicken Tenders Tater Tots Paradise Punch	<b>Lunch Entrée:</b> Spaghetti with Meat Sauce Garlic Texas Toast Steamed Broccoli
<b>TUESDAY:</b> Bacon, Egg, & Cheese on a Bagel		Weekly Sub: Turkey on Club Roll				
<b>WEDNESDAY:</b> Fresh Baked Cinnamon Roll		10/10/2022	10/11/2022	10/12/2022	10/13/2022	10/14/2022
<b>THURSDAY:</b> Sausage, Egg, & Cheese on a Croissant		<b>NATIONAL SCHOOL LUNCH WEEK</b>				
<b>FRIDAY:</b> Cini Mini		<b>NO SCHOOL FOR STUDENTS</b>	<b>Taco Tuesday:</b> Beef Taco's Supreme Crunchy Shell Tacos, Cheddar Cheese Lettuce, Tomato, Salsa, Sour Cream Cinnamon Pretzel Stick	<b>Build Your Own Burger</b> Choose Bacon and/or Onion Rings Top with your choice of Cheese Lettuce, Tomato, Pickles Choice of Baked Chips Vegetarian Baked Beans	<b>Falcon Feast:</b> Popcorn Chicken Mashed Potatoes & Gravy Steam Corn Kernels Dinner Roll with Margarine	<b>Lunch Entrée:</b> Chicken Pram Sandwich (Crispy Chicken, Mozzarella, Parmesan Cheese on Texas Toast) Marinara Sauce Caesar Salad
Daily - Assorted Cereal, Yogurt Parfait, Smoothie, Pastries		Weekly Sub: Italian Wrap				
<b>Breakfast meal choice includes fruit, juice, and milk</b>		<b>SANDWICH BAR</b>				
<b>PIZZA LINE</b>		10/17/2022	10/18/2022	10/19/2022	10/20/2022	10/21/2022
<b>MONDAY:</b> Pepperoni		<b>Lunch Entrée:</b> California Chicken Sandwich (Grilled Chicken, Provolone, Peppared Bacon, Lettuce, Pickles, Avocado) Sweet Potato Fries Blueberry Crisp	<b>Lunch Entrée:</b> Cowboy Burger (Hamburger with Pepperjack cheese, crispy onion rings and BBQ sauce) Vegetarian Baked Beans Lettuce, Tomato, Pickles Assorted Baked Chips	<b>Lunch Entrée:</b> General Tso's Chicken & Rice Bowl (Crispy Chicken in General Tso's Sauce over stir fry rice) Stir Fry Vegetables Mandarin Orange Cream Dessert	<b>Breakfast for Lunch:</b> French Toast with Cheesy Omelet Sausage Links Tater Tots Paradise Punch **Free Ice Cream**	<b>Lunch Entrée:</b> Chicken Alfredo over Penne Garlic Texas Toast Fresh Salad with Dressing
<b>TUESDAY:</b> CC's		Weekly Sub: Turkey Bacon Cheddar on Sliced Bread				
<b>WEDNESDAY:</b> Four Meat		10/24/2022	10/25/2022	10/26/2022	10/27/2022	10/28/2022
<b>THURSDAY:</b> Buffalo Chicken		<b>Lunch Entrée:</b> Chicken Nuggets Dinner Roll with Margarine Buttered Noodles Ranch Style Green Beans	<b>Lunch Entrée:</b> Sloppy Joe on Kaiser Bun French Fries Fresh Cucumber Dunkers	<b>Lunch Entrée:</b> Wing Bar Choice of Sauce Fresh Carrots and Celery Cup Philly Style Pretzel	<b>Lunch Entrée:</b> BBQ Pork on Kaiser Bun Corn on the Cob Coleslaw	<b>Lunch Entrée:</b> Philly Cheesesteak Assorted Toppings Curly Fries Fresh Broccoli Dunkers
<b>FRIDAY:</b> Dominos		Weekly Sub: Ham & Cheese on Club Roll				
<b>***Daily - Big Daddy's Cheese Pizza***</b>		<b>STARTING OCTOBER 3, 2022 UNIVERSAL FREE BREAKFAST!</b>				
<b>Fries available Monday, Wednesday and Friday</b>		10/31/2022				
<b>SANDWICH BAR</b>		<b>Lunch Entrée:</b> Mummy Fingers Mashed Boo-taters & Graveyard Gravy Ghostly Green Beans Witches Roll & Lard				
<b>MONDAY:</b> BBQ Pulled Pork on a Kaiser Roll		<b>Lunch Entrée:</b> Mashed Potato Fries Blueberry Crisp				
<b>TUESDAY:</b> Chicken Tenders and Cornbread		Weekly Sub: Tuna Salad with Cheese on Kaiser				
<b>WEDNESDAY:</b> Buffalo Chicken with Pepperjack		<b>MUFFIN MEAL LINE</b>				
<b>THURSDAY:</b> Bacon Cheeseburger		Whole Grain Pastries or Uncrustables and Protein Options				
<b>FRIDAY:</b> Chicken & Waffles		<b>MILK CHOICES:</b>				
<b>***Daily - Chicken Sandwich, Cheeseburger, Hot Dog***</b>		1% White Milk Fat Free Chocolate Fat Free Strawberry				
<b>SALAD BAR</b>		Soup served with Salad Bar ONLY Choice of Protein, Lettuce, Assorted Vegetables Fresh Fruit and a Grain				
<b>***Fresh Vegetable Bar available***</b>		<b>A LA CARTE OPTIONS*</b>				
<b>MUFFIN MEAL LINE</b>		Assorted Chips, Fruit Snacks, Assorted Ice Cream, Whole Grain Pastries and Cookies, Assorted 100% Juice Beverages <i>*Student must have money in account to purchase</i>				
<b>MILK CHOICES:</b>		<b>CAFE NEWS</b>				
<b>***Daily - Big Daddy's Cheese Pizza***</b>		ONLINE PAYMENTS VIA SKYWARD: <a href="https://www.clsd.k12.pa.us/">https://www.clsd.k12.pa.us/</a>				
<b>Fries available Monday, Wednesday and Friday</b>		CASH/CHECK PAYMENTS MAY BE BROUGHT TO YOUR STUDENT'S HOMEROOM TEACHER. PLEASE PUT IN ENVELOPE WITH NAME AND PIN ON FRONT				
<b>SANDWICH BAR</b>		<b>The Falcon Meal Deal</b>				
<b>MONDAY:</b> Pepperoni		Choose <u>ONE</u> Entree	Choose up to <u>TWO</u> Sides of Vegetables	Choose up to <u>TWO</u> Sides of Fruit	<b>Don't Forget!</b> Take at least ONE fruit or Veggie. And at least THREE items total so your meal counts as a complete lunch	
<b>TUESDAY:</b> CC's		Main Line Hot Bar Pizza Muffin Meal Soup & Salad Bar	Fresh Vegetable Bar Vegetable Juice Main Hot Vegetable	Fresh Fruit Fruit Cup Add Your Favorite Milk		
<b>WEDNESDAY:</b> Four Meat		<b>Complete a Free or Reduced Meals Application to see if you qualify for free or reduced meals.</b>				
<b>THURSDAY:</b> Buffalo Chicken						
<b>FRIDAY:</b> Dominos						

