

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

Cornwall-Lebanon School District

October, 2022 High School Lunch Menu

MEAL PRICES:

Breakfast - \$2.00
Reduced Price Breakfast - \$3.30
Lunch - \$2.95
Reduced Price Lunch - \$4.40

FREE
Breakfast for all enrolled students!

MENU SUBJECT TO CHANGE

BREAKFAST CORNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast served DAILY Assorted Hot Sandwiches, Cereal, Yogurt, and Pastries	10/3/2022 Lunch Entrée: Chicken Tenders Cornbread French Fries Ranch Style Green Beans	 10/4/2022 Taco Tuesday: Doritos Walking Taco Fiesta Rice & Black Beans Lettuce, Cheese, Salsa Sour Cream	10/5/2022 Lunch Entrée: Hot Ham & Cheese on a Pretzel Roll Choice of Baked Chips Tortellini Pasta Salad Fresh Baked Cookie	10/6/2022 Breakfast for Lunch: Dutch Waffle & Chicken Tenders Tater Tots Paradise Punch	10/7/2022 Lunch Entrée Crispy Chicken Alfredo Penne Noodles Garlic Texas Toast Steamed Broccoli
Monday French Toast Sticks Tuesday Falcon Hashbrown Sandwich Wednesday Baked Cinnamon Roll Thursday Falcon Hashbrown Sandwich Friday Cini Mini Breakfast meal choice includes fruit, juice, and milk	Weekly Sub: Turkey on Club Roll				
FALCON FAVORITES Pizza Options: MONDAY: Cheese OR Pepperoni TUESDAY: Big Daddy's 4 Meat WEDNESDAY: Buffalo Chicken THURSDAY: CC's FRIDAY: Dominos French Fries Available Each Day	10/10/2022 NO SCHOOL FOR STUDENTS PROFESSIONAL LEARNING DAY	10/11/2022 Taco Tuesday: Nachos Grande (Boat of Tortilla Chips Choice of Beef Or Chicken, Cheese Sauce) Assorted Toppings & Black Bean Salsa Fruit Filled Churro	10/12/2022 Wing Bar: Wing Bar & Soft Pretzel Assorted Sauces Carrot & Celery Cup Fresh Baked Cookie	10/13/2022 Lunch Entrée: Teriyaki Noodle Bowl (Garlic Basil Meatballs with Noodles, Broccoli, Carrots in Teriyaki Sauce) Egg Roll & Fortune Cookie Duck Sauce, Soy Sauce, Siracha	10/14/2022 Fish Fry Friday: Shrimp Poppers & French Fries Cornbread Coleslaw Assorted Cheese Stick
HOT SANDWICH OF THE DAY	Weekly Sub: Italian Wrap				
MONDAY: Cheeseburger Roller Buffalo Chicken with Pepperjack TUESDAY: Hot Dog Chicken Tenders and Cornbread WEDNESDAY: Cheeseburger Roller Philly Cheesesteak THURSDAY: Hot Dog Chicken Tenders and Cornbread FRIDAY: BBQ Pulled Pork	10/17/2022 Lunch Entrée: Chicken Nuggets Dinner Roll with Margarine Buttered Noodles Ranch Style Green Beans	10/18/2022 Build Your Own Burrito Bowl 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**	10/19/2022 Build Your Own Burger Choice of Beef or Veggie Patty Assorted Toppings Assorted Cheese Baked Chips Fresh Baked Cookie	10/20/2022 Falcon Feast Popcorn Chicken Mashed Potatoes & Gravy Steam Corn Kernels Dinner Roll with Margarine	10/21/2022 Lunch Entrée: Spaghetti with Meat Sauce Garlic Texas Toast Steamed Broccoli
Chicken Sandwich and Burgers Offered Daily	Weekly Sub: Turkey Bacon Cheddar on Sliced Bread				
ALTERNATE ***Un crustables & Pre-Made Salads offered Daily*** Vegetarian Muffin Meals Soup & Salad Bar available to ALL students Assorted Veggies, Protein, Toppings	10/24/2022 Lunch Entrée: Chicken Poppers Macaroni and Cheese Steamed Broccoli Dinner Roll with Margarine	10/25/2022 Lunch Entrée: BBQ Pork on Kaiser Bun Corn on the Cob Vegetarian Baked Beans	10/26/2022 Stir Fry Bowl: Choice of Teriyaki Beef OR Orange Chicken Stir Fry Rice Stir Fry Vegetables Pot Stickers	10/27/2022 Lunch Entrée: Chipotle Chicken & Bacon Flat Bread (Pulled Chicken, Bacon, Garlic Spread, Cheese, Spicy Chipotle Mayo Drizzle) Baked Chips Strawberry Salad	10/28/2022 Fish Fry Friday: Crispy Fish Sandwich Curly Fries Fresh Cucumber Dunkers Coleslaw
DAILY ACCOMPANIMENTS Milk Choices: 1% White Milk, Fat Free Chocolate, Fat Free Strawberry Fresh Fruits & Vegetables	Weekly Sub: Ham & Cheese on Club Roll				
100% Fruit Slushie Free with Meal - Friday's only	STARTING OCTOBER 3, 2022 UNIVERSAL FREE BREAKFAST!				
A LA CARTE OPTIONS* Assorted Chips, Fruit Roll-ups, Fruit Snacks, Chex Mix Rice Krispie Treats, Chewy Granola Bars, Pastries Assorted Crackers, Ice Cream and Drinks <small>*Student must have money in account to purchase</small>	10/31/2022 Lunch Entrée: Mummy Fingers Mashed Boo-taters & Graveyard Gravy Ghostly Green Beans Witches Roll & Lard **Free Ice Cream**				
CAFÉ NEWS ONLINE PAYMENTS VIA SKYWARD: https://www.clsd.k12.pa.us/	Weekly Sub: Tuna Salad with Cheese on Kaiser				

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 Forget!
Take at least ONE Fruit or Veggie,
And at least THREE items total so your meal
counts as a complete lunch

Complete a Free or Reduced Meals Application to see if you qualify for free or reduced meals.