

October, 2023 High School Lunch Menu

Breakfast - FREE

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

MENU SUBJECT TO CHANGE

Lunch - \$2.95
FREE or Reduced students eat free at CLSD

BREAKFAST CORNER		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast served DAILY		10/2/2023	10/3/2023	10/4/2023	10/5/2023	10/6/2023
Assorted Hot Sandwiches, Cereal, Yogurt, and Pastries		Lunch Entrée: BBQ Chicken Sandwich (Grilled Chicken, Cheddar, Bacon, BBQ Sauce, Crispy Onions)	Lunch Entrée: Doritos Walking Taco Fiesta Rice and Beans Lettuce, Cheese, Tomato, Salsa Sour Cream	Lunch Entrée: Hot Ham & Cheese on a Pretzel Roll Assorted Baked Chips Rainbow Pasta Salad	Breakfast for Lunch: Dutch Waffle & Chicken Tenders Tater Tots Paradise Punch	Lunch Entrée: Philly Cheesesteak Pepper & Onions Curly Fries Assorted Toppings
Monday	Eggo Liege Waffle	Weekly Sub: Ham & Swiss on Ciabatta				
Tuesday	Falcon Hashbrown Sandwich	10/9/2023	10/10/2023	10/11/2023	10/12/2023	10/13/2023
Wednesday	Breakfast Burrito	NO SCHOOL	Build Your Own Burger Start with a Hamburger Choose Bacon &/OR Onion Rings Top with your choice of Cheese, Lettuce, Tomato, Pickles Vegetarian Baked Beans & Curly Fries	Lunch Entrée: Southwest Chicken Salad (Romaine Lettuce, Cheddar, Corn, Chicken, Tortilla Strips, Black Bean, Avocado)	Lunch Entrée: Order your Grab 'n Go Lunch for Falcon Fair	Fish Fry Friday: Crispy Fish Sandwich Potato Wedges Red Cabbage Coleslaw Lettuce, Tomato, Mayo
Thursday	Falcon Hashbrown Sandwich	Weekly Sub: Chicken Salad on Croissant				
Friday	Cinni Mini	Weekly Sub: Ham & Swiss on Ciabatta				
Breakfast meal choice includes fruit, juice, and milk		Weekly Sub: Chicken Salad on Croissant				
FALCON FAVORITES		Weekly Sub: Ham & Swiss on Ciabatta				
Pizza Options:		Weekly Sub: Ham & Swiss on Ciabatta				
MONDAY:	Cheese OR Pepperoni	Weekly Sub: Ham & Swiss on Ciabatta				
TUESDAY:	BBQ Chicken	Weekly Sub: Ham & Swiss on Ciabatta				
WEDNESDAY:	Buffalo Chicken	Weekly Sub: Ham & Swiss on Ciabatta				
THURSDAY:	CC's	Weekly Sub: Ham & Swiss on Ciabatta				
FRIDAY:	Dominos	Weekly Sub: Ham & Swiss on Ciabatta				
French Fries Available Each Day		Weekly Sub: Ham & Swiss on Ciabatta				
HOT SANDWICH OF THE DAY		Weekly Sub: Ham & Swiss on Ciabatta				
MONDAY:	Bacon Cheeseburger	10/16/2023	10/17/2023	10/18/2023	10/19/2023	10/20/2023
TUESDAY:	BBQ Pulled Pork	Lunch Entrée: Chicken Tenders Cornbread French Fries	Lunch Entrée: Greek Rice Bowls (Wild Rice, Seasoned Chicken, Pita Bread) Top with: Feta, Olives, Tomato, Red Onion, Hummus, Tzatziki Sauce	Lunch Entrée: Turkey BLT on Croissant Chef's Choice Soup Assorted Baked Chips Fresh Vegetable Cup	Falcon Feast: Popcorn Chicken Mashed Potatoes & Gravy Steam Corn Kernels Dinner Roll with Margarine	Lunch Entrée: Meatball Marinara Sub Assorted Baked Chips Whole Grain Cookie Fresh Salad with Dressing
WEDNESDAY:	Chicken Tenders & Combread	Weekly Sub: Ham & Swiss on Ciabatta				
THURSDAY:	Chicken Parm on Garlic Texas Toast	Weekly Sub: Ham & Swiss on Ciabatta				
FRIDAY:	Bacon Cheeseburger	Weekly Sub: Ham & Swiss on Ciabatta				
Cheeseburger Roller and Hot Dog Offered Daily on Hot Dog Grill		Weekly Sub: Ham & Swiss on Ciabatta				
Chicken Sandwich and Burgers Offered Daily		Weekly Sub: Ham & Swiss on Ciabatta				
ALTERNATE		Weekly Sub: Ham & Swiss on Ciabatta				
Un crustables & Pre-Made Salads offered Daily		Weekly Sub: Ham & Swiss on Ciabatta				
Vegetarian Muffin Meals		Weekly Sub: Ham & Swiss on Ciabatta				
Soup & Salad Bar available to ALL students		Weekly Sub: Ham & Swiss on Ciabatta				
Assorted Veggies, Protein, Toppings		Weekly Sub: Ham & Swiss on Ciabatta				
DAILY ACCOMPANIMENTS		Weekly Sub: Ham & Swiss on Ciabatta				
Milk Choices:		Weekly Sub: Ham & Swiss on Ciabatta				
1% White Milk, Fat Free Chocolate, Fat Free Strawberry		Weekly Sub: Ham & Swiss on Ciabatta				
Fresh Fruits & Vegetables		Weekly Sub: Ham & Swiss on Ciabatta				
100% Fruit Slushie Free with Meal - Friday's only		Weekly Sub: Ham & Swiss on Ciabatta				

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
*Student must have money in account to purchase

CAFÉ NEWS
ONLINE PAYMENTS VIA SKYWARD: <https://www.clsd.k12.pa.us/>

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

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