

Supervisor of Food & Nutrition Services  
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## Cornwall-Lebanon School District

### October, 2023 Middle School Lunch Menu

MEAL PRICES:

Breakfast - FREE

Lunch - \$2.85  
FREE or Reduced students eat free at CLSD

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
<p><b>MONDAY:</b> Eggo French Toast <b>TUESDAY:</b> Bacon, Egg, &amp; Cheese Sandwich <b>WEDNESDAY:</b> Fresh Baked Cinnamon Roll <b>THURSDAY:</b> Sausage, Egg, &amp; Cheese Sandwich <b>FRIDAY:</b> Cinni Mini</p> <p>Daily - Assorted Cereal, Assorted Pastries, and Yogurt <b>Breakfast meal choice includes fruit, juice, and milk</b></p>	<p><b>10/2/2023</b> <b>Lunch Entrée:</b> BBQ Chicken Sandwich (Grilled Chicken, Cheddar, Bacon, BBQ Sauce, Crispy Onions) Lettuce, Tomato, Pickles Potato Wedges</p>	<p><b>10/3/2023</b> <b>Lunch Entrée:</b> Doritos Walking Taco Fiesta Rice and Beans Lettuce, Cheese, Tomato, Salsa Sour Cream</p>	<p><b>10/4/2023</b> <b>Lunch Entrée:</b> Hot Ham &amp; Cheese on a Pretzel Roll Assorted Baked Chips Rainbow Pasta Salad</p>	<p><b>10/5/2023</b> <b>Breakfast for Lunch:</b> Dutch Waffle &amp; Chicken Tenders Tater Tots Paradise Punch</p>	<p><b>10/6/2023</b> <b>Lunch Entrée:</b> Meatball Marinara Sub Ranch Style Green Beans Steamed Corn Kernels</p>
Weekly Sandwich - Ham & Cheese Sandwich					
<p style="text-align: center;"><b>PIZZA LINE</b></p> <p><b>MONDAY:</b> Big Daddy's Cheese OR Pepperoni <b>TUESDAY:</b> CC's <b>WEDNESDAY:</b> Big Daddy's BBQ Chicken OR Cheese <b>THURSDAY:</b> Big Daddy's Buffalo Chicken OR Cheese <b>FRIDAY:</b> Dominos</p>	<p><b>10/9/2023</b> <b>NO SCHOOL</b> <b>PROFESSIONAL LEARNING DAY</b></p>	<p><b>10/10/2023</b> <b>Build Your Own Burger</b> Start with a Hamburger Choose Bacon &amp;/OR Onion Rings Top with your choice of Cheese, Lettuce, Tomato, Pickles Vegeterian Baked Beans</p>	<p><b>10/11/2023</b> <b>Lunch Entrée:</b> Stuffed Cheesy Bread Marinara Sauce Fresh Salad with Dressing <b>**Cookie with Main Line Only**</b></p>	<p><b>10/12/2023</b> <b>Falcon Feast:</b> Popcorn Chicken Mashed Potatoes &amp; Gravy Steam Corn Kernels Dinner Roll with Margarine</p>	<p><b>10/13/2023</b> <b>Lunch Entrée:</b> Spaghetti &amp; Meatballs Garlic Texas Toast Steamed Broccoli</p>
Weekly Sandwich - Turkey & Cheese Sandwich					
<p style="text-align: center;"><b>SANDWICH BAR</b></p> <p><b>MONDAY:</b> Bacon Cheeseburger <b>TUESDAY:</b> Chef's Choice <b>WEDNESDAY:</b> Pizza Cruncher OR Mozzarella Sticks <b>THURSDAY:</b> Nacho Cheese &amp; Chips <b>FRIDAY:</b> Chef's Choice</p> <p><i>Offered Daily: Chicken Patty, Cheeseburger, Hot Dog</i></p>	<p><b>10/16/2023</b> <b>Lunch Entrée:</b> Chicken Tenders Potato &amp; Cheese Casserole Dinner Roll with Margarine Fresh Salad with Dressing</p>	<p><b>10/17/2023</b> <b>Lunch Entrée:</b> Soft or Hard Shell Beef Taco Ranchero Pinto Beans Lettuce, Cheese, Tomato, Salsa Sour Cream Fruit Filled Churro</p>	<p><b>10/18/2023</b> <b>Lunch Entrée:</b> Hibachi Rice Bowl: Choice of General Tso OR Teriyaki Sauce Over Crispy Chicken Stir Fry Rice and Vegetables Egg Roll</p>	<p><b>10/19/2023</b> <b>Breakfast for Lunch:</b> French Toast with Cheesy Omelet Sausage Links Tater Tots Paradise Punch</p>	<p><b>10/20/2023</b> <b>Fish Fry Friday:</b> Crispy Fish Sandwich Potato Wedges Red Cabbage Coleslaw Lettuce, Tomato, Mayo</p>
Weekly Sandwich - Italian Wrap					
<p style="text-align: center;"><b>SALAD BAR</b></p> <p>Soup served with Salad Bar ONLY Choice of Protein, Lettuce, Assorted Vegetables Fresh Fruit and a Grain</p> <p><b>***Fresh Vegetable Bar available***</b></p>	<p><b>10/23/2023</b> <b>Lunch Entrée:</b> Popcorn Chicken Dinner Roll with Margarine Buttered Noodles Ranch Style Green Beans</p>	<p><b>10/24/2023</b> <b>Lunch Entrée:</b> BBQ Cowboy Burger (Hamburger with Pepperjack Cheese, Crispy Onion Rings and BBQ sauce) Vegetarian Baked Beans Assorted Baked Chips</p>	<p><b>10/25/2023</b> <b>Lunch Entrée:</b> Chicken Wing Bar: Choose Buffalo or BBQ Sauce Fresh Carrots &amp; Celery Cup Baked Pretzel Ranch OR Blue Cheese Dressing</p>	<p><b>10/26/2023</b> <b>Lunch Entrée:</b> Crispy Chicken Alfredo Garlic Texas Toast Fresh Salad with Dressing</p>	<p><b>10/27/2023</b> <b>Lunch Entrée:</b> Philly Cheesesteak Choice of Peppers &amp; Onion, Sauce &amp; Cheese Curly Fries Fresh Broccoli Dunkers</p>
Weekly Sandwich - Turkey & Cheese Sandwich					
<p style="text-align: center;"><b>MUFFIN MEAL LINE</b></p> <p>Muffin Loaf, Yogurt OR Smoothie, String Cheese Small Uncrustable, Yogurt OR Smoothie, String Cheese</p>	<p><b>10/30/2023</b> <b>Lunch Entrée:</b> BBQ Pork Sandwich Ranch Style Green Beans Cole Slaw</p>	<p><b>10/31/2023</b> <b>Lunch Entrée:</b> Mummy Fingers Mashed Boo-taters &amp; Graveyard Gravy Ghostly Green Beans Witches Roll &amp; Lard</p> <p><b>**Free Ice Cream**</b></p>			
Weekly Sandwich - Italian Wrap					
<p style="text-align: center;"><b>MILK CHOICES:</b></p> <p>1% White Milk Fat Free Chocolate Fat Free Strawberry</p> <p><b>A LA CARTE OPTIONS*</b> Assorted Chips, Fruit Snacks, Assorted Ice Cream, Whole Grain Pastries and Cookies, Assorted 100% Juice Beverages <b>*Student must have money in account to purchase</b></p> <p style="text-align: center;"><b>CAFÉ NEWS</b></p> <p>ONLINE PAYMENTS VIA SKYWARD: <a href="https://www.clsd.k12.pa.us/">https://www.clsd.k12.pa.us/</a></p> <p>CASH/CHECK PAYMENTS MAY BE BROUGHT TO YOUR STUDENT'S HOMEROOM TEACHER. PLEASE PUT IN ENVELOPE WITH NAME AND PIN ON FRONT</p>					

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

## The Falcon Meal Deal

Choose ONE Entree

Main Line  
Hot Bar  
Pizza  
Muffin Meal  
Soup & Salad Bar

Choose up to TWO Sides of Vegetables

Fresh Vegetable Bar  
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 (so your meal counts as a complete lunch)