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

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

Cornwall-Lebanon School District

November, 2023 Middle School Lunch Menu

MENU SUBJECT TO CHANGE

MEAL PRICES:

Breakfast - FREE

Lunch - $2.85
Reduced Price Lunch - $.40

BREAKFAST CORNER

MONDAY: Eggo French Toast
TUESDAY: Bacon, Egg, & Cheese Sandwich
WEDNESDAY: Fresh Baked Cinnamon Roll
THURSDAY: Sausage, Egg, & Cheese Sandwich
FRIDAY: Cinni Mini

Daily - Assorted Cereal, Assorted Pastries, and Yogurt
Breakfast meal choice includes fruit, juice, and milk

PIZZA LINE

MONDAY: Big Daddy's Cheese OR Pepperoni
TUESDAY: CC's
WEDNESDAY: BBQ Chicken OR Cheese
THURSDAY: Buffalo Chicken OR Cheese
FRIDAY: Dominos

Fries available Monday, Wednesday and Friday

SANDWICH BAR

MONDAY: Bacon Cheeseburger
TUESDAY: Chef's Choice
WEDNESDAY: Pizza Cruncher OR Mozzarella Sticks
THURSDAY: Nacho Cheese & Chips
FRIDAY: Chef's Choice

Daily - Chicken Patty, Cheeseburger, Corndog

SALAD BAR

Soup served with Salad Bar ONLY
Choice of Protein, Lettuce, Assorted Vegetables
Fresh Fruit and a Grain

****Fresh Vegetable Bar available****

MUFFIN MEAL LINE

Muffin Loaf, Yogurt OR Smoothie, String Cheese
Small Uncrustable, Yogurt OR Smoothie, String Cheese

MILK CHOICES:

1% White Milk
Fat Free Chocolate
Fat Free Strawberry

A LA CARTE OPTIONS*

Assorted Chips, Fruit Snacks, Assorted Ice Cream,
Whole Grain Pastries and Cookies, Assorted 100% Juice Beverages
**Student must have money in account to purchase*

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11/1/2023	11/2/2023	11/3/2023
		Lunch Entrée: Turkey BLT on Crossiant Chef's Choice Soup Assorted Baked Chips Fresh Vegetable Cup	**Lunch Entrée:** Spaghetti & Meatballs Garlic Texas Toast Steamed Broccoli	**NO SCHOOL** **PROFESSIONAL LEARNING DAY**
Weekly Sandwich - Ham & Cheese Sandwich				
11/6/2023	11/7/2023	11/8/2023	11/9/2023	11/10/2023
Lunch Entrée: BBQ Chicken Sandwich (Grilled Chicken, Cheddar, Bacon, BBQ Sauce, Crispy Onions) Lettuce, Tomato, Pickles Potato Wedges	**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	**Lunch Entrée:** Stuffed Cheesy Bread Marinara Sauce Fresh Salad with Dressing	**Lunch Entrée:** Meatball Marinara Sub Ranch Style Green Beans Steamed Corn Kernels
Weekly Sandwich - Turkey & Cheese Sandwich				
11/13/2023	11/14/2023	11/15/2023	11/16/2023	11/17/2023
Lunch Entrée: Orange Chicken Stir Fry Rice Steamed Broccoli Egg Roll	**Build Your Own Burger** Start with a Hamburger Choose Bacon &/OR Onion Rings Top with your choice of Cheese, Lettuce, Tomato, Pickles Vegeterian Baked Beans	**Lunch Entrée:** Grilled Cheese Tomato Soup Fresh Vegetable Cup	**Thanksgiving Feast** Turkey Breast Mashed Potatoes & Gravy Green Beans Cranberry Sauce ***Free Holiday Cookie***	**Lunch Entrée:** Philly Cheesesteak Choice of Peppers & Onions Sauce & Cheese Curly Fries Fresh Broccoli Dunkers
Weekly Sandwich - Italian Wrap				
11/20/2023	11/21/2023	11/22/2023	11/23/2023	11/24/2023
NO SCHOOL **PARENT/TEACHER CONFERENCES**	**NO SCHOOL** **PARENT/TEACHER CONFERENCES**			
11/27/2023	11/28/2023	11/29/2023	11/30/2023	
NO SCHOOL **THANKSGIVING VACATION**	**Lunch Entrée:** BBQ Cowboy Burger (Hamburger with Pepperjack Cheese, Crispy Onion Rings and BBQ sauce) Vegeterian Baked Beans Assorted Baked Chips	**Lunch Entrée:** Chicken Wing Bar: Choose Buffalo or BBQ Sauce Fresh Carrots & Celery Cup Baked Pretzel Ranch OR Blue Cheese Dressing	**Lunch Entrée:** Crispy Chicken Alfredo Garlic Texas Toast Fresh Salad with Dressing	
Weekly Sandwich - Italian Wrap				

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't4Get
Take at least ONE Fruit or Veggie.
And at least THREE items total to your meal counts as a complete lunch