



# CARLISLE AREA SECONDARY LUNCH - DECEMBER

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
<b>BRAVO!</b> Mac and Cheese! Choice of house made cheese sauce, Taco Beef, Pulled Pork. Topped with Roasted Lemon-Parmesan Broccoli, and Sautéed Red Peppers, choice of Shredded cheese.				
NO SCHOOL	Build - A - Burger Bar  <b>FEATURED VEGGIES</b> Ranchero Carrots Tomato & Mozzarella Salad Choice of Fruit Choice of Milk	Fried Chicken w/ Breadstick  <b>FEATURED VEGGIES</b> Mashed Potatoes Green Pea Salad Choice of Fruit Choice of Milk	<b>GRILL DAY</b> BBQ Pulled Pork on Pretzel Roll  <b>FEATURED VEGGIES</b> Potato Wedges Fresh Pico Do Gallo Choice of Fruit Choice of Milk	Buffalo Chicken Dip Over Tortilla Chips  <b>FEATURED VEGGIES</b> Steamed Corn Cole Slaw Choice of Fruit Choice of Milk
<b>BRAVO!</b> Texas Smokehouse! Dry Rubbed BBQ Chicken or Pork, Ranch Taters, BBQ Baked Beans, and Slaw. Choice of Texas Toast, and a variety of BBQ sauces				
Penne Marinara w/ Meatballs & Garlic Toast  <b>FEATURED VEGGIES</b> Tossed Salad Steamed Carrots Choice of Fruit Choice of Milk	Classic Toasted Grilled Cheese^  <b>FEATURED VEGGIES</b> Tomato Soup Broccoli Florets Choice of Fruit Choice of Milk	Main & Bravo Stations <b>HOLIDAY MEAL</b> Sliced Ham w/ Dinner Roll  <b>FEATURED VEGGIES</b> Mashed Potatoes Green Beans Holiday Cookie Choice of Milk	<b>GRILL DAY</b> Chicken or Beef Philly Cheesesteak on Toasted Baquette^  <b>FEATURED VEGGIES</b> Crinkle Cut Oven Fries Fresh Cauliflower Choice of Fruit Choice of Milk	Beef or Chicken Nachos Grande^  <b>FEATURED VEGGIES</b> Ranch Refried Bean Dip Fresh Pico De Gallo Choice of Fruit Choice of Milk
<b>BRAVO!</b> Breakfast Bar! Eggs, Bacon, Sausage, Assorted Potatoes, French Toast, Waffles, & Pancakes				
General Tso's Chicken Served Over White Rice^  <b>FEATURED VEGGIES</b> Steamed Garden Peas Curried Chickpea Salad Choice of Fruit Choice of Milk	Chicken Bruschetta Sandwich on Taosted Rosemary Focaccia <b>FEATURED VEGGIES</b> Roasted BBQ Cauliflower Fresh Bruschetta Choice of Fruit Choice of Milk	Loaded Chili Cheese Pierogies w/ Dinner Roll  <b>FEATURED VEGGIES</b> Green Beans Baby Carrots Choice of Fruit Choice of Milk	NO SCHOOL	NO SCHOOL
<b>BRAVO!</b>				
 <b>WINTER BREAK</b>				
<b>BRAVO!</b>				
NO SCHOOL	NO SCHOOL			

## What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

Meat or Meat Alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk

### Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

### Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

### Leave Your Lunch at Home

Daily entrée options may include:  
Cheese Burger on a Bun  
Chicken Patty on a Bun  
Cheese or Pepperoni Pizza

### chef's fresh Daily Options May Include:

Vegetable Garden Salad w / roll  
Chef's Salad w/ roll  
Greek Salad w/ Roll  
Taco Salad w/ Roll  
Apple Crunch Salad  
Strawberry Spinach Salad w/ Roll  
Ham & Cheese Wrap  
Buffalo Chicken Wrap  
Turkey & Cheese Wrap



## LUNCH PRICES:

Student \$3.20  
Reduced FREE  
Adult \$4.37

^ Gluten Free Version Available

General Manager

[ma1154@metzcorp.com](mailto:ma1154@metzcorp.com)  
717-240-6800 ext. 26804

USDA is an equal opportunity provider and employer.