Carlisle Area School District | LUNCH MENU

October 2026

EAT SMART
BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Waffles with Turkey Sausage Hash Brown Potato Fresh Cucumbers	2 NO SCHOOL
Daily Offerings: Breadstick Dipper Craveable (V) | Crispy Chicken Salad | Sunbutter Craveable (V)				
5 Chicken Nuggets with Roll Oven Fries Baby Carrots	6 Fiesta Mac & Cheese with Dinner Roll (V) Green Beans Caesar Salad	7 Cheeseburger Baked Beans Pepper Strips	8 Toasted Cheese Sandwich (V) Tomato Soup Corn Salad	9 Buffalo Chicken Pizza Roasted Sweet Potatoes Cucumber Slices
Daily Offerings: Yogurt Craveable (V) | Turkey & Cheese Wrap | Sunbutter Craveable (V)				
12 NO SCHOOL	13 Chicken & Cheese Quesadilla Steamed Corn Salsa	14 Asian Sesame Chicken over Rice Steamed Broccoli Carrot Sticks	15 **Breakfast for Lunch:** French Toast Sticks with Cheese Omelet Tri-Taters Side Salads	16 Pizza Crunchers with Dipping Sauce (V) BBQ Cauliflower Chickpeas
Daily Offerings: Nachos Craveable (V) | Blueberry Parfait | Sunbutter Craveable (V)			NATIONAL SCHOOL LUNCH WEEK! October 12th – 16th	
19 Chicken Patty Sandwich Zesty Country Green Beans Cucumber Slices	20 Beef Soft Tacos Refried Beans Lettuce & Tomato	21 Pasta with Meat Sauce Glazed Carrots Broccoli Salad	22 Turkey Ham & Cheese Pretzel Roll Apple Crisp Curly Fries Cole Slaw	23 Turkey Pepperoni Pizza Honey Cinnamon Sweet Potato Corn Salad
Daily Offerings: Nugget Dipper | Garden Salad (V) | Sunbutter Craveable (V)				
26 Breaded Chicken Tenders with Mini Waffles Crinkle Cut Fries Chickpea Salad	27 Walking Taco with Pretzel Stick Seasoned Black Beans Garden Side Salad	28 Chicken Alfredo over Penne with Breadstick Steamed Broccoli Celery Sticks with Ranch	29 Toasted Cheese Sandwich (V) Tomato Soup Pepper Strips	30 Cheesy Pizza Steamed Green Beans Baby Carrots
Daily Offerings: Pizza Craveable (V) | Chicken Salad Sandwich | Sunbutter Craveable (V)				

MAKE IT A MEAL!

Choose at least **3** of **5** meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student	$3.20
Reduced Student	FREE
Adult	$4.50

Daily Alternates

Fresh Entrée Salad/Yogurt Parfait/Sandwiches
Craveables
Sunbutter Craveable (V)

Fruits & Veggies

Hot Vegetables | Leafy Green Salads | Composed Bean Salad | Seasonal Fresh Vegetables | 100% Fruit Juice | Canned Fruit in Light Syrup | Seasonal Fresh Fruit

Students may choose two ½ cup servings.

Milk Selections

1 % White Milk, Fat-Free Chocolate and Strawberry, Lactaid White or Chocolate when requested

Your Dining Services Team

Michael Carbone
General Manager
(717) 240-6800 ext. 26804
ma1154@metzcorp.com

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free |

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

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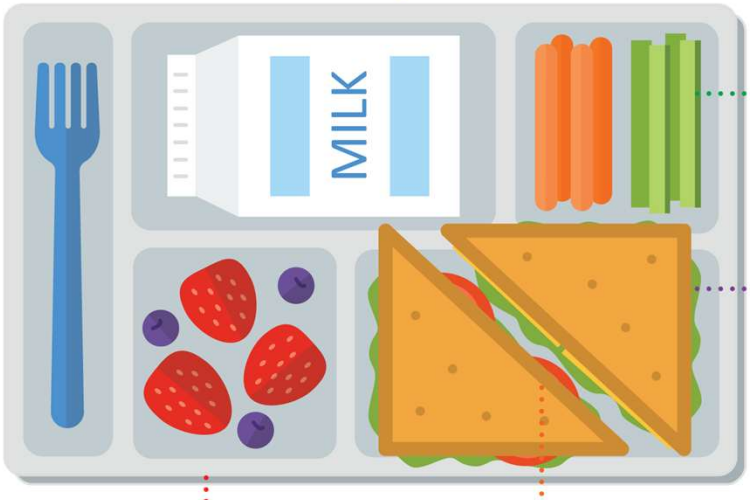
ENVIRONMENTAL SERVICES



MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

MAKE IT A MEAL!

Choose at least **3** of **5** meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or vegetable must accompany a school lunch.

LUNCH PRICES

Student Lunch:	$3.20
Reduced Student:	FREE
Adult Lunch:	$4.50

schoolcafé

View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.

Meet Your Nutritious Friends

YOUR DINING SERVICES TEAM
Michael Carbone, General Manager
(717) 240-6800 ext. 26804| ma1154@metzcorp.com

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