



Carlisle Area ELEMENTARY LUNCH MENU



What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.

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 - 1% white, and fat-free chocolate
Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas

Starchy - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Featured Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

LEAVE YOUR LUNCHBOX AT HOME!

DAILY ALTERNATES.



Craveable

Week of 3rd: Super Fruit

Week of 9th: Italian

Week of 16th: Nachos

Week of 23rd: Breadstick Dippers

Week of 30th: Pizza

Salad

Week of 3rd: Turkey and Cheese

Week of 9th: Turkey Chef Salad

Week of 16th: Chicken Caesar

Week of 23rd: Turkey and Cheese

Week of 30th: Crispy Chicken

Student \$3.20
Reduced: \$0.00
Adult \$4.37

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* Contains NO Pork Product
USDA is an equal opportunity provider and employer.

Monday

2

NO SCHOOL
Labor Day

Tuesday

3

Toasted Cheese Sandwich
or
Buffalo Chicken and Cheese Flatbread
Featured Veggies:
Tomato Soup
Corn Salad
Featured Fruit
Choice of Milk

Wednesday

4

BBQ Ribby on a Bun*
or
Pepperoni Pizza Bagel
Featured Veggies:
Roasted Sweet Potatoes
Chick Pea Salad
Featured Fruit
Choice of Milk

Thursday

5

Turkey and Cheese Melt on a Croissant
or
Chicken Mashed Potato Bowl w/ Dinner Roll
Featured Veggies:
Mashed Potatoes
Steamed Corn
Featured Fruit
Choice of Milk

Friday

6

Macaroni and Cheese
or
Walking Taco with Dinner Roll
Featured Veggies:
Black Bean Salsa
Stewed Tomatoes
Featured Fruit
Choice of Milk

9

Asian Inspiration
Korean Beef
or
Asian Sesame Chicken over Rice
Featured Veggies:
Oven Roasted Bok Choy
Carrot & Raisin Salad
Featured Fruit
Choice of Milk

10

Hot Ham and Cheese on a Pretzel Roll*
or
Beef and Cheese Mac w/ Garlic Breadstick
Featured Veggies:
Roasted Zucchini
Mandarin Spring Salad
Featured Fruit
Choice of Milk

11

Apple BBQ over Tortilla Chips
or
Cheese Pizza Sticks w/ Dipping Sauce
Featured Veggies:
Oven Fries
Cheese Carrot Casserole
Featured Fruit
Choice of Milk

12

Toasted Cheese Sandwich
or
Chicken Nuggets w/ Dinner Roll
Featured Veggies:
Tomato Soup
Tater Tots
Featured Fruit
Choice of Milk

13

Beef Soft Tacos
or
Nachos Grande Tortilla Chips
Featured Veggies:
Refried Beans
Lettuce and Tomato
Featured Fruit
Choice of Milk

16

Cowboy Burger* on a Bun
or
Chicken in Gravy over Waffles
Featured Veggies:
Glazeed Carrots
Broccoli Salad
Featured Fruit
Choice of Milk

17

County Fair Day
Corn Dog
or
Chicken Tenders w/ Soft Pretzel
Featured Veggies:
Curly Fries
Apple Cider Slaw
Featured Fruit
Choice of Milk

18

Cheddar Cheese Quesadilla Flatbread
or
Pepperoni Pizza
Featured Veggies:
Oven Brownd Sweet Potatoes
Black Bean & Corn Salad
Featured Fruit
Choice of Milk

19

Sloppy Joe on Hawaiian Roll
or
Citrus Mojo Chicken w/ Dinner Roll
Featured Veggies:
Oven Fries
Chickpea Salad
Featured Fruit
Choice of Milk

20

Chicken Patty on a Bun
or
Walking Taco w/ Pretzel Sticks
Featured Veggies:
Mexicali Corn
Tomato and Onion Salad
Featured Fruit
Choice of Milk

23

Cheesesteak on a Roll
Featured Veggies:
Tater Tots
Ranchero Carrots
Featured Fruit
Choice of Milk

24

Chicken Alfredo over Openne w/ Garlic Bread
Featured Veggies:
Steamed Broccoli
Celery Sticks w/ Ranch
Featured Fruit
Choice of Milk

25

Smothered Bacon Cheddar Pierogies*
Featured Veggies:
Cherry Tomatoes
Cucumber Slices
Featured Fruit
Choice of Milk

26

Chicken Tenders with Garlic Knot
Featured Veggies:
Potato Wedges
Green Beans
Featured Fruit
Choice of Milk

27

Cheese Pizza
Featured Veggies:
Baby Carrots
Oven Fries
Featured Fruit
Choice of Milk

30

General Tso's Chicken over Rice
Featured Veggies:
Roasted Broccoli
Red Pepper Strips
Featured Fruit
Choice of Milk