



# Carlisle Secondary School Menu September 2024



### 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  
Chicken Nuggets with Pretzel Stick  
Cheese or Pepperoni Pizza



**Daily Options may Include:**

- Vegetable Garden Salad w / roll
- Ham or Turkey Salad w/ Roll
- Chef's Salad w/ roll
- Greek Salad w/ Roll
- Strawberry Spinach Salad w/ Roll
- Caprese Pasta Salad with Roll
- Ham & Cheese Wrap or Turkey and Swiss on Baguette
- Buffalo chicken Wrap
- Taco Chicken Roll
- Chicken Caesar Roll
- Roast Beef and Cheddar Wrap
- Italian Wrap

**MONDAY**  
2-Sep



NO SCHOOL

**TUESDAY**  
3-Sep

Entrée  
Chicken or Beef Philly  
Cheesesteak on Toasted  
Baguette

**FEATURED VEGGIES**  
Crinkle Cut Oven Fries  
Fresh Cauliflower  
Choice of Fruit  
Choice of Milk

**WEDNESDAY**  
4-Sep

Entrée  
Loaded Bacon &  
Cheddar Pierogies

**FEATURED VEGGIES**  
Roasted Sweet Potatoes  
Chickpea Salad  
Choice of Fruit  
Choice of Milk

**THURSDAY**  
5-Sep

Entrée  
Cheeseburger Tater Tot  
Bowl w/ Cheddar,  
Pickles, Onions, Tomatoes,  
1000 Island Dressing w/ Roll

**FEATURED VEGGIES**  
Tater Tots  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**FRIDAY**  
6-Sep

Entrée  
Banh Mi Chicken Sandwich  
on Toasted Baguette

**FEATURED VEGGIES**  
Steamed Garden Peas  
Curried Chick Pea Salad  
Choice of Fruit  
Choice of Milk

**Street Noodles!** Choice of Lo Mein or Rice Noodles, Beef, Chicken, Pork, Stir fried cabbage, sauteed red pepper strips, veggie stir fry, or steamed broccoli. Tossed with choice of Thai Peanut, Oriental Sesame, or Orange Ginger Sauce.

9-Sep



Entrée  
County Fair Corn Dog

**FEATURED VEGGIES**  
Baked Potato  
Steamed Mixed Vegetables  
Choice of Fruit  
Choice of Milk

10-Sep

Entrée  
Fajita Grill Chimichuri Pork  
or Steak in Soft Tortillas  
Sauteed Peppers and Onions

**FEATURED VEGGIES**  
Ranch Refried Bean Dip  
Fresh Pico De Gallo  
Choice of Fruit  
Choice of Milk

11-Sep

Entrée  
Buffalo Chicken Dip  
over Tortilla Chins

**FEATURED VEGGIES**  
Roasted Lemon Parmesan Broccoli  
Baby Carrots  
Choice of Fruit  
Choice of Milk

12-Sep

Entrée  
Hand Rolled Meatballs  
in Marinara Sauce over  
Spaghetti w/ Garlic Knot

**FEATURED VEGGIES**  
Steamed Mixed Vegetables  
Tomato & Mozzarella Salad  
Choice of Fruit  
Choice of Milk

13-Sep

Entrée  
Beef or Chicken  
Nachos Grande  
w/ Yogurt Cumin Crème

**FEATURED VEGGIES**  
Ranch Refried Bean Dip  
Fresh Pico De Gallo  
Choice of Fruit  
Choice of Milk

**Smokehouse!** Dry Rubbed BBQ Chicken or Pork, Ranch Taters, Zesty County Green Beans, BBQ Baked Beans, Slaw, and Melons. Choice of Brioche Roll, Texas Toast, Biscuits, and a variety of BBQ sauces

16-Sep



Entrée  
Hawaiian Pork Sandwich  
w/ Pineapple Slaw, Onion  
Straws, Spicy Aioli on  
Toasted Ciabatta

**FEATURED VEGGIES**  
Sweet Potato Fries  
Fresh Pineapple Slaw  
Choice of Fruit  
Choice of Milk

17-Sep

Entrée  
**Breakfast for Lunch**  
Build your own  
Breakfast Sandwich

**FEATURED VEGGIES**  
Tri Hash Brown  
Fresh Cucumber  
Choice of Fruit  
Choice of Milk

18-Sep

Entrée  
Fresh Dough  
Stromboli Roll  
w/ Marinara Sauce

**FEATURED VEGGIES**  
Zucchini Parmesan Soup  
Side Caesar Salad  
Choice of Fruit  
Choice of Milk

19-Sep

Entrée  
Chicken Nuggets  
w/ Buttered Noodles

**FEATURED VEGGIES**  
Cheese Carrot Casserole  
Broccoli Salad  
Choice of Fruit  
Choice of Milk

20-Sep

Entrée  
Beef or Chimichuri Pork  
Soft Tacos  
w/ Mango Salsa

**FEATURED VEGGIES**  
Steamed Golden Corn  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**Panc and Cheese!** Choice of house made cheese sauce, Taco Beef, Pulled Pork, Buffalo chicken, or Chili. Topped with Roasted Lemon-Parmesan Broccoli, and Sautéed Red Peppers, choice of Shredded cheese

23-Sep



Entrée  
Smokey 3 Bean Chili  
w/ Cornbread & Crackers

**FEATURED VEGGIES**  
Ranch Baked Potato Skins  
Fresh Cauliflower  
Choice of Fruit  
Choice of Milk

24-Sep

Entrée  
**Flatbread Fare**  
Variety of Toasted  
Flatbreads

**FEATURED VEGGIES**  
Steamed Garden Peas  
Fattoush Salad  
Choice of Fruit  
Choice of Milk

25-Sep

Entrée  
Baja Fish Sandwich on  
Toasted Ciabatta

**FEATURED VEGGIES**  
Roasted BBQ Cauliflower Bites  
Cilantro Lime Slaw  
Choice of Fruit  
Choice of Milk

26-Sep

Entrée  
Chicken Tenders  
with a Hot Honey Sauce  
served w/ a Dinner Roll

**FEATURED VEGGIES**  
Tater Tots  
Steamed Broccoli  
Choice of Fruit  
Choice of Milk

27-Sep

Entrée  
Build a Burger  
Assorted Cheeses, onion rings,  
mushrooms, Grilled onions and  
Peppers, Bacon

**FEATURED VEGGIES**  
BBQ Baked Beans  
Curly Fries  
Choice of Fruit  
Choice of Milk

**Breakfast Bar: Eggs, Bacon, Sausage, assorted Potatoes, French Toast, Waffles, Pancakes, assorted Toppings**

30-Sep



Entrée  
Chicken Po Boy  
on a Toasted Baguette

**FEATURED VEGGIES**  
Herbed Rice Pilaf  
Creamy Coleslaw  
Choice of Fruit  
Choice of Milk

**Choice of two daily pastas, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese**



Empty menu boxes for the week of September 30th to October 6th.



### LUNCH PRICES:

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

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