Carlisle Area School District | LUNCH MENU

September 2026

EAT SMART BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Chicken Gravy & Biscuit **Mashed Potatoes** **Broccoli Salad**	**1** Chicken & Cheese Quesadilla **Steamed Corn** **Salsa**	**2** Asian Sesame Chicken over Rice **Steamed Broccoli** **Carrot Sticks**	**3** **Breakfast for Lunch:** French Toast Sticks w/ Cheese Omelet Tri-Taters **Side Salad**	**4** Pizza Crunchers w/ Dipping Sauce **BBQ Cauliflower** **Chickpeas**
Daily Offerings: Nachos Craveable (V) | Blueberry Parfait | Sunbutter Craveable (V)				
7 **NO SCHOOL** 	**8** Dutch Waffles w/ Strawberry Compote **Tater Tots** **Baby Carrots** **Watermelon**	**9** Walking Tacos **Ranch Refried Beans** **Diced Tomatoes/Lettuce** **Apple Slices w/ Caramel**	**10** Cowboy Burger **Waffle Fries** **Celery Sticks** **Yogurt Covered Grapes**	**11** Nachos w/ Cheese Sauce Lettuce & Tomato Baby Carrots Candy Apple Halves
	Celebrating Back-to-School with a Carnival - Coming to you all week!			
Daily Offerings: Nugget Dipper | Garden Salad (V) | Sunbutter Craveable (V)				
14 Breaded Chicken Tenders w/ Mini Waffles **Crinkle Cut Fries** **Chickpea Salad**	**15** Walking Taco with Pretzel Stick **Seasoned Black Beans** **Garden Side Salad**	**16** Chicken Alfredo over Penne with Breadstick **Steamed Broccoli** **Celery Sticks with Ranch**	**17** Toasted Cheese Sandwich (V) **Garden Vegetable Soup** **Pepper Strips**	**18** Cheesy Pizza **Steamed Green Beans** **Baby Carrots**
Daily Offerings: Pizza Craveable (V) | Chicken Salad Sandwich | Sunbutter Craveable (V)				
21 Chicken Nuggets w/ Dinner Roll **Steamed Broccoli** **Cucumber Slices**	**22** Beef & Cheese Quesadilla **Golden Corn** **Strawberry Spinach Salad**	**23** Hot Dog on Bun Tri-Taters **Carrot Sticks**	**24** Mac & Cheese with Dinner Roll (V) **Steamed Garden Peas** **3-Bean Salad**	**25** Buffalo Chicken Pizza **Mixed Vegetables** **Grape Tomatoes**
Daily Offerings: Soft Pretzel Craveable (V) | Strawberry Parfait | Sunbutter Craveable (V)				
28 General Tso's Chicken with Rice **Steamed Broccoli** **Romaine Salad**	**29** Beef Nachos Grande **Seasoned Black Beans** **Tomato Salad**	**30** Popcorn Chicken w/ Dinner Roll **Mashed Potatoes** **Baby Carrots**		
Daily Offerings: Breadstick Dipper Craveable (V) | Crispy Chicken Salad | Sunbutter Craveable (V)				

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

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

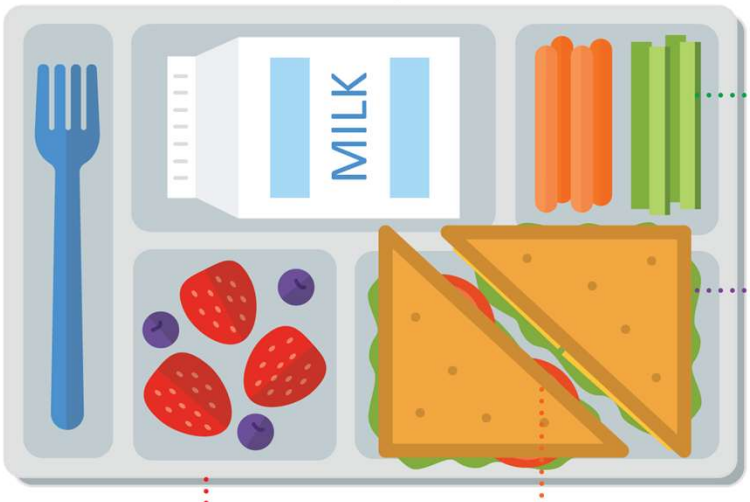
1 % White Milk, Fat-Free Chocolate and Strawberry, Lactaid White or Chocolate when requested

Lunch Prices

Student	$3.20
Reduced Student	FREE
Adult	$4.50

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

Metz CULINARY MANAGEMENT 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!

WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of the **5** components available for the school lunch price:

Meat/Meat Alternative, Grain/Bread, Fruit, Vegetable, Milk
A minimum of ½ cup serving of fruit must accompany a school breakfast.

Assorted Variety of Milk Available Daily
Fat-Free White, 1% White, and 1% Chocolate

schoolcafé

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

Scan the QR code to access your account:

LUNCH PRICES

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

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

Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES