Carlisle Area School District | LUNCH MENU

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Chicken Gravy & Biscuits **Mashed Potatoes** **Baby Carrots**	**1** Beef or Chicken Nachos Grande **Ranch Refried Bean Dip** **Pico de Gallo**	**2** Shawarma Bar **Steamed Cauliflower** **Tomato Cucumber Salad**	**3** Build-Your-Own Breakfast Sandwich **Tater Triangles** **Side Salad**	**4** Buffalo Chicken Dip with Tortilla Chips **Lemon-Parm Broccoli** **Baby Carrots**
7 **NO SCHOOL** 	**8** Korean Pork Fried Rice **Sesame Green Beans** **Strawberry Spinach Salad**	**9** Build-Your-Own Burger **BBQ Baked Beans** **Cucumber & Tomato Salad**	**10** Italian Toaster Sandwich **Sidewinder Fries** **Tomato Mozzarella Salad**	**11** Beef Gyro **Buffalo Cauliflower** **Caesar Salad**
14 Breaded Chicken Tenders w/ Mini Waffles **Oven Fries** **Chickpea Salad**	**15** Birria Pork Tacos with Pickled Onions & Fresh Pico **Steamed Golden Corn** **Baby Carrots**	**16** Louisiana Chicken Gumbo with Rice **Tossed Salad** **Fresh Cauliflower**	**17** Dunk Tank Chicken Sandwiches **Cheesy Broccoli** **Grape Tomatoes**	**18** Pepper Steak over Rice **Roasted BBQ Cauliflower** **Cole Slaw**
21 Chicken Bruschetta Sandwich on Toasted Rosemary Focaccia Roll **Ranchero Carrots** **Fresh Bruschetta**	**22** Chicken Caesar Waffle Fries with Dinner Rolls **Waffle Fries** **Tossed Salad**	**23** Hot Ham & Cheese Pretzel Melt **Vegetable Soup** **ChickPea Salad**	**24** Chicken Cheesesteak Birria Beef Cheesesteak with Pickled Red Onions **Sauteed Peppers & Onions** **Fresh Grape Tomatoes**	**25** Italian Dunkers with Marinara (V) **Steamed Green Beans** **Cucumber Slices**
28 General Tso's Chicken over Brown Rice **Steamed Broccoli** **Garden Salad**	**29** Beef or Chicken Enchilada Black Bean Enchilada (V) **Mexicali Corn** **Fresh Pico de Gallo**	**30** Toasted Cheese Sandwich **Tomato Soup** **Cucumber Slices**		

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

Available Daily

Grill, Deli, Pizza, and Chef Fresh Items

Fruit & Veggie Selection

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 Selection

1% white, fat-free chocolate, fat-free strawberry
Lactaid Milk available upon request

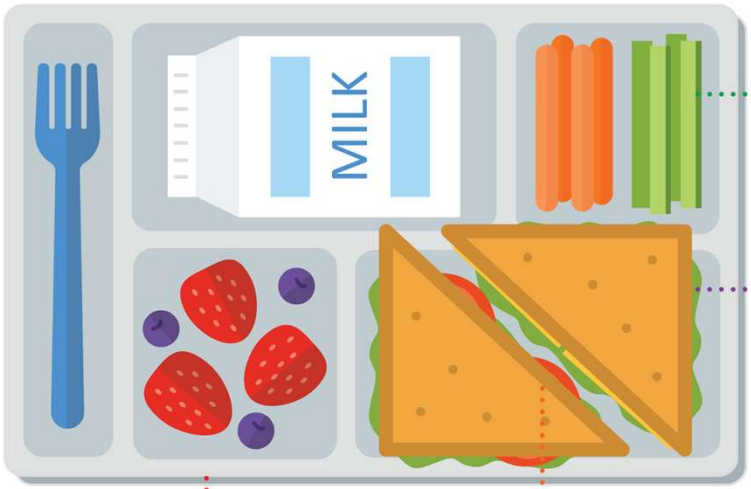
Your Dining Services Team

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.

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 **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 ½ cup serving of vegetables must accompany a school lunch.

LUNCH PRICES

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schoolcafé

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

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CULINARY MANAGEMENT
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Daily Specials

WEEK OF AUGUST 31 – SEPTEMBER 4

bravo!

WEEKLY FEATURE

Asian Inspired!

Choice of Meat, Various Grain Options, Vegetables, and Sauces
Accompaniments: Teriyaki Green beans, Roasted Brussel sprouts, Steamed broccoli, Won ton strips

Monday: Birria Ramen Bowls
Tuesday: Fried Rice Bar
Wednesday: Curry with Rice
Thursday: Beef & Broccoli
Friday: Sweet & Sour Chicken

cheffresh

Variety of Options:
- Salads (Garden, Buffalo Chicken, Chef, etc.)
- Parfaits (Blueberry, Strawberry, Chocolate, etc.)
- Peanut Butter Uncrustables (Strawberry or Grape)

Wilson & Lamberton
Various Wraps and Sandwiches Available

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Grille

Offered Daily:
- **Crispy Chicken Sandwich**
- **Spicy Crispy Chicken Sandwich**
- **Grilled Beef Patty Burger**

Topping for sandwiches always available

deli

McGowan & Swartz ONLY

Made-To-Order Wraps and Sandwiches Available Everyday

Pizza

OFFERED DAILY:
Cheese and Pepperoni

Swartz & McGowan
Monday: Chicken, Bacon, Ranch Pizza
Tuesday: Italian Stromboli
Wednesday: Stuffed Crust Pizza
Thursday: Buffalo Chicken Stromboli
Friday: Veggie Pizza

Wilson & Lamberton
Monday: BBQ Chicken Pizza
Tuesday: Chicken, Bacon, Ranch Pizza
Wednesday: Meat Lovers
Thursday: Buffalo Chicken Pizza
Friday: Veggie Pizza

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Daily Specials

WEEK OF SEPTEMBER 7 – 11

bravo!

WEEKLY FEATURE

Texas Smokehouse

Choice of dry-rubbed BBQ chicken or pork with choice of roll or cornbread and choice of BBQ sauce
Accompaniments: Ranch taters, zesty country green beans, BBQ baked beans, slaw

Monday: NO SCHOOL
Tuesday: BBQ Dry Rub Bone-In Chicken
Wednesday: Dip & Dust Wing Bar
Thursday: Southwest Salad
Friday: Pulled Pork Sandwiches w/ Mac & Cheese

cheffresh

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WEEK OF SEPTEMBER 14 – 18

bravo!

WEEKLY FEATURE

Everything Loaded!

Add all your favorite toppings to your favorite dishes!

Monday: Build-A-Burger Bar
Tuesday: Fries/Tator Tots
Wednesday: Baked Potato Bar
Thursday: Nachos Grande
Friday: Pierogies

cheffresh

Variety of Options:
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WEEK OF SEPTEMBER 21 – 25

bravo!

WEEKLY FEATURE

Breakfast Bar
Breakfast dishes all week long!

Monday: Pancake Bar
Tuesday: Country Gravy with Biscuits
Wednesday: Homemade French Toast Bar
Thursday: Loaded Breakfast Bowl
Friday: Breakfast Sandwich Bar

cheffresh

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Daily Specials

WEEK OF SEPTEMBER 28 – OCTOBER 2

bravo!

WEEKLY FEATURE

Pasta Bar

Choice of two daily pasta, alternating daily sauces, and parmesan cheese

Accompaniments: Served with fresh bruschetta and fresh baked bread

Monday: Italian Pasta Bar
Tuesday: Macaroni & Cheese Bar
Wednesday: Italian Pasta Bar
Thursday: Macaroni & Cheese Bar
Friday: NO SCHOOL

cheffresh

Variety of Options:
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Wilson & Lamberton
Various Wraps and Sandwiches Available

NEW ALERT!

Yogurt Smoothie Bowl Bar on Deli Line!

High School Only. All Week Long. Choose your base and add toppings!

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