Carbondale Jr/Sr High School Lunch Menu

Food Service Director: Katlyn Wallis
fsd@ca.k12.pa.us
570.282.5656 x 2151

The Grille

Grilled Chicken Sandwich
Cheeseburger on a Bun
Breaded Chicken Sandwich
Hot Wing Hoagie
Pepperoni Panini
Ham & Cheese Panini

The Garden

Chicken Caesar Salad
Chef Salad
Tuna Scoop Salad
Breaded Chicken Salad
Grilled Chicken Salad

The Pizzeria

Pepperoni Pizza
Mozzarella Cheese Pizza
Hot Buffalo Chicken Pizza
Cheesesteak Pizza
Chicken Bacon Ranch Pizza
Taco Pizza

Grab & Go

A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!

Options

Monday	Tuesday	Wednesday	Thursday	Friday
3/6 Buffalo Chicken Tenders W. ranch & celery sticks Tater Tots Mandarin Oranges Low Fat Milk	**3/7** Charger Attack Wrap Steamed Corn Pineapple Pieces Low Fat Milk **Whole Grains Available Daily**	**3/8** Pasta Bar Broccoli Diced Pears Low Fat Milk	**3/9** Pizza Burger Pocket Green Beans Chilled Peaches Low Fat Milk	**3/10** Chicken Quesadilla Black Beans Spanish Rice Mixed Fruit Low Fat Milk
3/13 Chicken Cordon Bleu on a Pretzel bun Green beans Pineapple Pieces Low Fat Milk	**3/14** Pierogies Dinner Roll Steamed Peas Mixed Fruit Low Fat Milk	**3/15** Taco Bar Refried Beans Diced Pears Low Fat Milk	**3/16** Chicken Cheesesteak Hoagie Au Gratin Potatoes Mandarin Oranges Low Fat Milk	**3/17** NO SCHOOL
3/20 Chicken Nuggets with a Dinner Roll Steamed Broccoli Diced Pears Fat Free Milk	**3/21** French Toast Sticks Sausage Links Hashbrown Patty Strawberries Fat Free Milk	**3/22** Hot Dog Bar Baked Fries Peach Slices Low Fat Milk	**3/23** Chicken Parmesan w. Spaghetti Garlic Bread Green Beans Applesauce Low Fat Milk	**3/24** Pierogies w. Sliced bread Steamed Peas Mixed Fruit Fat Free Milk
3/27 BBQ Roasted Chicken Buttered Noodles Slice of Bread Broccoli Mixed Fruit Low Fat Milk	**3/28** Corn Dog Nuggets Baked Beans Cinnamon Applesauce Fat Free Milk	**3/29** Taco Bar Steamed Corn Pear Slices Low Fat Milk	**3/30** Meatball Hoagie Tater Tots Mandarin Oranges Low Fat Milk	**3/31** Italian Dunkers Green Beans Pineapple Chunks Low Fat Milk
4/3 Cheeseburger Sliders Green Beans Pineapple Tidbits Low Fat Milk	**4/4** Popcorn Chicken Bowl w. Sliced Bread Mashed Potatoes w/ gravy Steamed Corn Chilled Pears	**4/5** Pasta Bar Garlic Bread Steamed Broccoli Diced Pears Low Fat Milk	**4/6** Pulled Pork BBQ on a Bun w/ Coleslaw Steamed Peas Mixed Fruit Fat Free Milk	**4/7** Bacon Double Cheese-burger Assorted toppings Carrot Coins Applesauce

The Deli

Chicken Caesar
Buffalo Chicken
Oven Roasted Turkey and Cheese
Ham & Cheese
Tuna Scoop
Italian

Accompaniments

***Must take at least one 1/2 cup of fruit or vegetable**

***Vegetable Bar includes:**

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

***Fruits include:**

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce

Milk

Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored
$0.65

Fresh Produce from Local Farms based on crop availability

Proud to manage your food service program

The Nutrition Group

Lunch Prices: Paid

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE

Carbondale Jr/Sr High
Breakfast Menu

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The Nutrition Group

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/6 Cinnamon Bun 100% Orange Juice Apple Fat Free Chocolate Milk Whole Grains Available Daily	3/7 Crunch Bar 100% Apple Juice Banana Low Fat Milk	3/8 Benefit Bar 100% Grape Juice Applesauce Cup Low Fat Milk	3/9 Goody Ring 100% Apple Juice Banana Low Fat Milk	3/10 Bagel-ful 100% Orange Juice Apple Fat Free Chocolate Milk
3/13 Cinnamon Bun 100% Orange Juice Apple Fat Free Chocolate Milk	3/14 Bagel & Cream Cheese 100% Apple Juice Banana Low Fat Milk	3/15 Blueberry Muffin 100% Grape Juice Apple Low Fat Milk	3/16 Goody Ring 100% Apple Juice Raisins Fat Free Chocolate Milk	3/17 NO SCHOOL TEACHER INSERVICE
3/20 Chocolate Muffin 100% Orange Juice Apple Fat Free Chocolate Milk	3/21 Cereal & Animal Crackers 100% Apple Juice Banana Low Fat Milk	3/22 Benefit Bar 100% Grape Juice Applesauce Cup Low Fat Milk	3/23 Cinnamon Bun 100% Apple Juice Banana Fat Free Chocolate Milk	3/24 Bagel-ful 100% Orange Juice Raisins Fat Free Chocolate MIlk
3/27 Benefit Bar 100% Orange Juice Apple Fat Free Chocolate Milk	3/28 Yogurt & Animal Crackers 100% Apple Juice Banana Low Fat Milk	3/29 Blueberry Muffin 100% Grape Juice Apple Low Fat Milk	3/30 Bagel-ful 100% Apple Juice Banana Fat Free Chocolate Milk	3/31 Cinnamon Bun 100% Orange Juice Applesauce Cup Fat Free Chocolate Milk
4/3 Assorted Muffins 100% Orange Juice Apple Low Fat Chocolate Milk	4/4 Very Berry Crunch Bar 100% Apple Juice Banana Low Fat Milk	4/5 Bagel & Cream Cheese 100% Grape Juice Apple Low Fat Milk	4/6 Benefit Bar 100% Apple Juice Banana Fat Free Chocolate Milk	4/7 Cinnamon Bun 100% Orange Juice Raisins Fat Free Chocolate Milk

Carbondale Area School District provides free breakfast to all students with the Universal Breakfast Program

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Variety of Fresh Fruit, 100% Fruit Juice

Milk Choices Offered Daily
Fat Free Chocolate, Fat Free White and Low Fat White

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