



Palmerton Area Jr/Sr High School Lunch Menu JANUARY 2010



- Mon:** Hot Ham & Cheese
Buffalo Chicken Cheese Steak
- Tues:** Shredded Turkey BBQ
Baked Chicken Patty on Bun
- Wed:** Cheese Steak
Chicken Nuggets w/ bread
- Thurs:** Mini Corn Dogs
Chicken Cheese Steak
- Fri:** Meatball Hoagie
Chicken Cordon Bleu Sandwich

Offered Daily
Cheeseburger
Hamburger

Served with hot or cold vegetable, choice of fruit, & milk



- 1/4 Sweet & Sour Chicken over Rice w/ bread
- 1/5 Popcorn Chicken, Mashed Potato, corn bowl w/ bread
- 1/6 Pierogies w/ Celery & Peanut Butter
- 1/7 Chicken Cordon Bleu Casserole w/ Bread
- 1/8 Turkey ala King Over Noodles w/ Bread
- 1/11 Grilled Cheese w/ Tomato Soup & Crackers
- 1/12 Broccoli, Cheese, Rice Casserole w/ Bread
- 1/13 Salisbury Steak w/ Gravy & Mashed Potatoes
- 1/14 Chicken Stir-Fry Over Rice w/ Bread
- 1/15 Baked Potato Bar
- 1/18 NO SCHOOL, MARTIN LUTHER KING JR. DAY
- 1/19 Chicken Noodle Bake w/ Bread
- 1/20 Southern Style Pork Cutlet w/ creamy pepper gravy, w/ Mashed Potatoes & Bread
- 1/21 Swedish Meatballs Over Noodles w/ Bread
- 1/22 Baked Chicken Pieces w/ Scalloped Potatoes
- 1/25 Tator Tot Bake w/ Bread
- 1/26 French Toast Slices w/ Sausage Patty
- 1/27 Popcorn Chicken, Mashed Potato, Corn Bowl w/ Bread
- 1/28 Turkey Pot Pie w/ Bread
- 1/29 Italian Grilled Cheese w/ Chicken Noodle Soup & Crackers

Lunch Prices- Paid: \$1.90 Reduced \$0.40
Adult Lunch Price-\$2.80

Available Daily:

Assorted Hoagies, Wraps and Salads

All Served with Hot or cold vegetable, fruit and choice of milk is available with all lunches

Questions? Please contact Food Service Director: Krista Avillion, ext 2218

Milk Choices: 2% & 1% White, 1% Chocolate, 1% Vanilla, 1% Strawberry, Skim



- Mon:** Pasta w/ Meatsauce
- Tues:** Pasta w/ Sausage
- Wed:** Pasta & Chicken w/Marinara Sauce
- Thur:** Pasta w/ Meatballs
- Fri:** Pasta & Chicken Alfredo
All served w/ bread item

Offered Daily
Soft Tortillas or Nacho Chips w/ choices of toppings

Daily Breakfast Choices

- Assorted Cereal w/ Toast
- Hot Breakfast Sandwiches
- French Toast Sticks
- 100% Juice, Milk Variety
- Breakfast: Paid-\$1.05
Reduced-\$.30



Mon., Tue, Thu, Fri Choices

- Cheese Pizza
- Pepperoni Pizza
- "Specialty Pizza"

Wednesday

- 1/6 Cheese Calzone
- 1/13 Italian Stromboli
- 1/20 Buffalo Chicken Stromboli
- 1/27 Sausage Calzone

Served with hot or cold vegetable, choice of fruit, & milk



