



# Palmerton Area Jr/Sr High School Lunch Menu November 2009



- 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:** Corn Dog  
Chicken BBQ on Bun
- Fri:** Meatball Hoagie  
Grilled Italian Chicken on Bun

***Offered Daily***  
***Cheeseburger***  
***Hamburger***

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



- 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***



- 11/2 Sweet & Sour Chicken over Steamed Rice w/ bread
- 11/3 Popcorn Chicken , Mashed Potato & Corn Bowl w/ Bread
- 11/4 Pierogies w/ celery & Peanut Butter
- 11/5 Chicken Stir-fry over Rice w/ Bread
- 11/6 Turkey ala King over Noodles w/ Bread
- 11/9 Salisbury Steak w/ gravy & Scalloped Potatoes & Bread
- 11/10 Chicken Cordon Bleu Casserole w/ bread
- 11/11 Country Baked Chicken Pieces w/ Mashed Potatoes & Gravy
- 11/12 French Toast Slices w/ Sausage Patty
- 11/13 Chicken Pot Pie w/ Bread
- 11/16 Grilled Cheese w/ Tomato Soup
- 11/17 Broccoli, Cheese & Rice casserole w/ Bread
- 11/18 Hot Dog Bar (chili, cheese, onions, relish)
- 11/19 THANKSGIVING LUNCH:Roast Turkey, Mashed Potatoes, Stuffing,
- 11/20 Swedish Meatballs over noodles w/ bread
- 11/23 **Early Dismissal, no lunch service**
- 11/24 **Early Dismissal, no lunch service**
- 11/25 **Early Dismissal, no lunch service**
- 11/26 **No School, Thanksgiving vacation**
- 11/27 **No School, Thanksgiving vacation**
- 11/30 **No School, Thanksgiving vacation**

**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**

## Daily Breakfast Choices

Assorted Cereal w/ Toast

Hot Breakfast Sandwiches

French Toast Sticks

100% Juice, Milk

Breakfast: Paid-\$1.05  
Reduced-\$.30



Mon., Tue, Thu, Fri Choices

Cheese Pizza  
Pepperoni Pizza  
"Specialty Pizza"

Wednesday

- 11/4 Cheese Calzone
- 11/11 Buffalo Chicken Stromboli
- 11/18 Italian Stromboli

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





