



**PALMERTON AREA
Towamensing ELEMENTARY
October Lunch Menu**



**ALTERNATE
SELECTIONS**

MON	TUE	WED	THU	FRI
			10/1-NEW ITEM! Popcorn Chicken, Mashed Potato Bowl w/ Bread Cinnamon Applesauce Milk	10/2 Turkey BBQ on Bun Corn Cobbette Mandarin Oranges Milk
10/5 Hot Ham & Cheese Sandwich Baked Fries Tropical Fruit salad Milk	10/6 Chicken & Noodle Casserole Bread Veggie Sticks w/ Dip Sweet Pineapples Milk	10/7 Swedish Meatballs Over Noodles Tossed Salad Fresh Fruit Slices & Milk	10/8 Chicken Fajitas w/ salsa Steamed Rice Steamed Broccoli Mandarin Oranges Milk	10/9 Fish Sticks w/ bread Steamed Corn Rosy Apple Slices Milk
10/12 Teacher In-Service No School for Students	10/13 Tator Tot Bake w/ bread (Seasoned ground beef, tator tots, shredded cheese, seasonings) Peaches & Cream Milk	10/14 Grilled Cheese w/ Tomato Soup & Crackers Steamed Green Beans Diced Pears Milk	10/15 Chicken Cheese Steak Steamed Peas Fruit Parfaits Milk	10/16 Shredded Turkey BBQ on Bun Carrot Coins Mixed Fruit Milk

Monday:
**Chicken Nuggets w/
bread**

Tuesday:
Cheese Burger

Wednesday:
Hot Dog on Bun

Thursday:
Cheese Steak Hoagie

Friday:
Cheese Pizza

DAILY CHOICES
8oz Yogurt w/ bread
Triple Decker
PB & J Sandwich
Chef Salads

NATIONAL SCHOOL LUNCH WEEK OCTOBER 12-OCTOBER 16

10/19 Turkey & Cheese Wrap Seasoned Corn Apple Crisp Milk	10/20 Mini Corn Dogs Baked Fries Pineapple Tidbits Milk	10/21 Rotini w/ Meatsauce & Bread Tossed Salad Cinnamon Pears Milk	10/22 Baked Chicken Strips Seasoned Mixed Vegetables Diced Peaches Milk	10/23 Macaroni & Cheese w/ Bread Stewed Tomatoes Mandarin Oranges Milk
10/26 Sloppy Jo on Bun Baked Beans Mixed Fruit Milk	10/27 Hot Turkey Sandwich Mashed Potatoes Apple Slices w/ Topping Milk	10/28 Meatball & Mozz Hoagie Steamed Green Beans Rosy Applesauce Milk	10/29 Grilled Ham & Cheese Sweet Peas 100% Juice Bar Milk	10/30 Chicken Patty on Bun Carrot Coins Cherry Cobbler Milk



**Vary your choices. Eat foods
from all the Food Groups to
stay healthy.**

MENU SUBJECT TO
CHANGE

MILK VARIETY:
2% White, 1% White
1% Chocolate,
1% Vanilla,



**On-Site Foodservice
Director: Krista Avillion
Extension 2218**