



Palmerton Area Jr/Sr High School Lunch Menu October 2009



- Mon:** Hot Ham & Cheese
- Tues:** Shredded Turkey BBQ
- Wed:** Cheese Steak Hoagie
- Thurs:** Hot Turkey, & Cheese
- Fri:** Meatball Hoagie

Offered Daily
Cheeseburger
Hamburger
Chicken Patty

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



- 10/1 Popcorn Chicken, Mashed Potato Bowl w/ bread
- 10/2 Sweet & Sour Pork Over Steamed Rice w/ bread & fortune cookie
- 10/5 Tuna Melt on Hoagie Bun
- 10/6 Chicken & Noodle Casserole w/ bread
- 10/7 Swedish Meatballs Over Noodles w/ bread
- 10/8 Chili Cheese Dog
- 10/9 Pierogie Casserole w/ bread
- 10/12 TEACHER IN-SERVICE, NO SCHOOL FOR STUDENTS**
- 10/13 Tator Tot Bake w/ Bread
- 10/14 Chicken & Waffles
- 10/15 Grilled Cheese Sandwich w/ Tomato Soup
- 10/16 Turkey Pot Pie w/ bread
- 10/19 Sweet & Sour Meatballs Over Steamed Rice w/ bread
- 10/20 Pierogies w/ Celery & Peanut Butter
- 10/21 French Toast Slices w/ Sausage Patty
- 10/22 Salisbury Steak w/ Gravy & Mashed Potatoes & bread
- 10/23 Macaroni & Cheese w/ Stewed Tomatoes & bread
- 10/26 Chicken Tetrizzini w/ bread
- 10/27 Sicilian Melt Hoagie
- 10/28 Beef & Bean Tamale Pie w/ bread
- 10/29 Italian Grilled Cheese w/ Chicken Noodle Soup
- 10/30 Broccoli, Cheese & Rice Casserole w/ bread

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

Available Daily:
Assorted Hoagies, Wraps and Salads

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:**
Grilled Chicken Ranch Sandwich
- Tues:**
Buffalo Chicken Sandwich
- Wed:**
Baked Chicken Nuggets w/ Bread
- Thurs:**
Buffalo Chicken Cheese Steak Sandwich
- Fri:**
Chicken Cordon Bleu Sandwich

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



Mon., Tue, Thu, Fri Choices

Cheese Pizza
 Pepperoni Pizza
 "Specialty Pizza"

- Wednesday**
- 10/7 Cheese Calzone
- 10/14 Italian Stromboli
- 10/21 Pepperoni Calzone
- 10/28 Ham & Cheese Stromboli

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



