

# 2018 S.S. Palmer & Parkside



# Palmerton Area District ELEMENTARY LUNCH MENU

**What is a Meal?**  
You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**

Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate

**Weekly Vegetable Subgroups May Include:**  
**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May Include:**  
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices

**Daily Entree Options may include:**

3. Ham & Cheese sandwich

4. Garden Salad with roll

Options also include :  
Milk, fruit & Vegetable



Lunch Prices

\$2.45

Reduced \$.40

Adult

\$3.75

General Manager

Jamie Porter

Phone Number

610.826.3155 ext2218

Email

[jporter@palmerton.org](mailto:jporter@palmerton.org)

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
11/26/18 Thanksgiving Holiday	11/27/18 1. Chicken & Cheese On a Bun or 2. Birthday Pancakes With Sausage Patties <b>Featured Veggies:</b> Refried Beans Carrot Sticks Choice of Fruit Choice of Milk	11/28/18 1. BBQ Ribby On a Bun or 2. Ham, Egg & Cheese on a Bun <b>Featured Veggies:</b> Steamed Corn Fresh Cucumber Slices Choice of Fruit Choice of Milk	11/29/18 1. Chicken Parmesan On a Bun or 2. Hot Dog On a Roll <b>Featured Veggies:</b> Green Beans Romaine Salad Choice of Fruit Choice of Milk	11/30/18 1. Toasted Ham & Cheese Sandwich or 2. Cheese Pizza with a Dinner Roll <b>Featured Veggies:</b> Steamed Carrots Corn Salad Choice of Fruit Choice of Milk
12/3/18 1. Sloppy Joe On a Bun or 2. General Tso Chicken Over Rice <b>Featured Veggies:</b> Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	12/4/18 1. Hot Turkey On a Croissant or 2. Cheese Burger On a Bun <b>Featured Veggies:</b> Cucumber Salad Cheesy Broccoli Choice of Fruit Choice of Milk	12/5/18 1. Mini Corn Dog with a Dinner Roll or 2. BBQ Chicken & Cheese On Flat Bread <b>Featured Veggies:</b> Tater Tots Green Pepper Strips Choice of Fruit Choice of Milk	12/6/18 1. Toasted Cheese Sandwich or 2. Smothered Pierogies Choice of Bread or Roll <b>Featured Veggies:</b> Tomato Soup Fresh Broccoli Choice of Fruit Choice of Milk	12/7/18 1. Pulled BBQ Pork On a Bun or 2. Stuff Crust Pizza <b>Featured Veggies:</b> Baby Carrots Baked Beans Choice of Fruit Choice of Milk
12/10/18 1. Italian Meatballs & Cheese On a Roll or 2. Chicken Tender Fritters with a Dinner Roll <b>Featured Veggies:</b> Steamed Corn Broccoli Salad Choice of Fruit Choice of Milk	12/11/18 1. Chicken Nuggets with a Dinner Roll or 2. Dutch Waffle with Sausage Patty <b>Featured Veggies:</b> Baked Beans Baby Carrots Choice of Fruit Choice of Milk	12/12/18 1. Cheese Burger On a Bun or 2. Fish sandwich On a Bun <b>Featured Veggies:</b> Steamed Broccoli Grape Tomatoes Choice of Fruit Choice of Milk	12/13/18 1. BBQ Chicken & Cheese On a Bun or 2. Pancakes sausage patty <b>Featured Veggies:</b> Yellow Beans Celery Sticks Choice of Fruit Choice of Milk	12/14/18 1. Hot Ham and Cheese On a Bun or 2. Cheesy Pizza <b>Featured Veggies:</b> Green Peas Tomato & Onion Salad Choice of Fruit Choice of Milk
12/17/18 1. Toasted Cheese Sandwich or 2. Popcorn Chicken Pretzel Sticks <b>Featured Veggies:</b> Carrot Sticks Steamed Corn Choice of Fruit Choice of Milk	12/18/18 1. Hot Dog On a Roll or 2. Cheese Burger On a Bun <b>Featured Veggies:</b> Baked Beans Caesar Salad Choice of Fruit Choice of Milk	12/19/18 1. Sweet & Sour Meatballs Over Rice or 2. Chicken & Cheese Biscuit Sandwich <b>Featured Veggies:</b> Green Beans Tomato & Onion Salad Choice of Fruit Choice of Milk	12/20/18 1. Hot Ham and Cheese Sandwich or 2. Chicken Quesidilla <b>Featured Veggies:</b> Brussels Sprouts Spinach Salad Choice of Fruit Choice of Milk	12/21/18 1/2 Day
12/24/18 Winter Holiday	12/25/18 Winter Holiday	12/26/18 Winter Holiday	12/27/18 Winter Holiday	12/28/18 Winter Holiday
12/31/18 Winter Holiday	1/1/19 Winter Holiday	1/2/19 1. Egg, Ham & Cheese On an English Muffin or 2. Chicken Nuggets with a Dinner Roll <b>Featured Veggies:</b> Hash Brown Potato Carrot Sticks Choice of Fruit Choice of Milk	1/3/19 1. Grilled Chicken Sandwich On a Roll or 2. Italian Dunkers Dipping sauce <b>Featured Veggies:</b> Corn Salad Roasted Butternut Squash Choice of Fruit Choice of Milk	1/4/19 1. Turkey Corn Dog on a Stick or 2. Stuff Crust Pizza <b>Featured Veggies:</b> Roasted Sweet Potatoes Cucumber Salad Choice of Fruit Choice of Milk