

2019 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. Turkey & 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

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
1/7/19 1. Cowboy Burger On a Roll or 2. Chicken Tender Fritters with a Dinner Roll Featured Veggies: Green Beans Black Bean Salsa Choice of Fruit Choice of Milk	1/8/19 1. Chicken & Cheese On a Bun or 2. Nachos Grande Tortilla Chips Featured Veggies: Refried Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk	1/9/19 1. BBQ Ribby On a Bun or 2. French Toast Sticks With Sausage Patties Featured Veggies: Steamed Corn Fresh Cucumber Slices Choice of Fruit Choice of Milk	1/10/19 1. Chicken Parmesan On a Bun or 2. Hot Dog On a Roll Featured Veggies: Green Beans Romaine Salad Choice of Fruit Choice of Milk	1/11/19 1. Toasted Ham & Cheese Sandwich or 2. Cheese Pizza Featured Veggies: Carrot Sticks Green Peas Choice of Fruit Choice of Milk
1/14/19 1. Sloppy Joe On a Bun or 2. General Tso Chicken with a Dinner Roll Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	1/15/19 1. Hot Turkey On a Croissant or 2. Walking Taco with a Dinner Roll Featured Veggies: Cucumber Salad Cheesy Broccoli Choice of Fruit Choice of Milk	1/16/19 1. Mini Corn Dog with a Dinner Roll or 2. BBQ Chicken & Cheese On Flat Bread Featured Veggies: Tater Tots Green Pepper Strips Choice of Fruit Choice of Milk	1/17/19 1. Toasted Cheese Sandwich or 2. Smothered Pierogies Choice of Bread or Roll Featured Veggies: Tomato Soup Corn Salad Choice of Fruit Choice of Milk	1/18/19 1. Pulled BBQ Pork On a Bun or 2. Stuff Crust Pizza Featured Veggies: Steamed Carrots Chick Pea Salad Choice of Fruit Choice of Milk
1/21/19 1. Italian Meatballs & Cheese On a Roll or 2. Chicken Tender Fritters with a Dinner Roll Featured Veggies: Steamed Corn Broccoli Salad Choice of Fruit Choice of Milk	1/22/19 1. Chicken Nuggets with a Dinner Roll or 2. Beef Taco On a Soft Tortilla Featured Veggies: Baked Beans Baby Carrots Choice of Fruit Choice of Milk	1/23/19 1. Cheese Burger On a Bun or 2. Fish sandwich On a Bun Featured Veggies: Steamed Broccoli Cherry Tomatoes Choice of Fruit Choice of Milk	1/24/19 1. BBQ Chicken & Cheese On a Bun or 2. Pancakes sausage patty Featured Veggies: Yellow Beans Celery Sticks Choice of Fruit Choice of Milk	1/25/19 1. Hot Ham and Cheese On a Bun or 2. French Bread Pizza Featured Veggies: Green Peas Tomato & Onion Salad Choice of Fruit Choice of Milk
1/28/19 1. Toasted Cheese Sandwich or 2. Popcorn Chicken Pretzel Sticks Featured Veggies: Carrot Sticks Steamed Corn Choice of Fruit Choice of Milk	1/29/19 1. Hot Dog On a Roll or 2. Nachos Grande Tortilla Chips Featured Veggies: Refried Beans Italian Salad Choice of Fruit Choice of Milk	1/30/19 1. Sweet & Sour Meatballs Over Rice or 2. Chicken & Cheese Biscuit Sandwich Featured Veggies: Green Beans Cherry Tomatoes Choice of Fruit Choice of Milk	1/31/19 1. Hot Ham and Cheese Sandwich or 2. Macaroni & Cheese Featured Veggies: Brussels Sprouts Caesar Salad Choice of Fruit Choice of Milk	2/1/19 1. Chicken & Cheese Quesadilla or 2. Cheese Pizza Sticks Featured Veggies: Steamed Carrots Corn Salad Choice of Fruit Choice of Milk
2/4/19 1. Italian Meatballs & Cheese on a Roll or 2. Chicken Nuggets with a Dinner Roll Featured Veggies: Green Beans Chick Pea Salad Choice of Fruit Choice of Milk	2/5/19 1. Chicken Patty On a Bun or 2. Walking Taco with a Dinner Roll Featured Veggies: Corn on the Cob Tomato & Onion Salad Choice of Fruit Choice of Milk	2/6/19 1. Cheese Burger On a Roll or 2. French Toast Sticks With Sausage Patties Featured Veggies: Green Peas Baby Carrots Choice of Fruit Choice of Milk	2/7/19 1. BBQ Ribby On a Bun or 2. Rotini & Meat Sauce with a Dinner Roll Featured Veggies: Cheesy Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk	2/8/19 1. Smothered Pierogies Pepperoni & Mozzarella or 2. Pizza Bagel Featured Veggies: Stewed Tomatoes Italian Salad Choice of Fruit Choice of Milk
2/11/19 1. Mini Corn Dogs or 2. Stuff Crust Pizza Featured Veggies: Roasted Sweet Potatoes Cucumber Salad Choice of Fruit Choice of Milk	2/12/19 1. Toasted Cheese Sandwich or 2. Beef Taco On a Soft Tortilla Featured Veggies: Chick Pea Salad Tomato Soup Choice of Fruit Choice of Milk	2/13/19 1. Egg, Sausage & Cheese On an English Muffin or 2. Chicken Nuggets with a Dinner Roll Featured Veggies: Hash Brown Potato Carrot Sticks Choice of Fruit Choice of Milk	2/14/19 1. Grilled Chicken Sandwich On a Roll or 2. Italian Dunkers Dipping sauce Featured Veggies: Corn Salad Roasted Butternut Squash Choice of Fruit Choice of Milk	2/15/19 Presidents Holiday