

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 and mandarin oranges

Daily Entree Options may include:

3. Ham & Cheese sandwich
4. Garden Salad with roll
5. Peanut butter & Jelly sandwich

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
<p>2/18/19</p> <p><i>"Believe you can and you're halfway there"</i> THEODORE ROOSEVELT</p>	<p>2/19/19</p> <p>1. Grilled Chicken & Cheese On a Bun or 2. Nachos Grande Tortilla Chips Featured Veggies: Baked Beans Tomato & Onion Salad Choice of Fruit Choice of Milk</p>	<p>2/20/19</p> <p>1. BBQ Ribby On a Bun or 2. Giant Waffles With Sausage Links Featured Veggies: Steamed Corn Fresh Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>2/21/19</p> <p>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</p>	<p>2/22/19</p> <p>1. Toasted Ham & Cheese Sandwich or 2. Cheese Pizza with a Dinner Roll Featured Veggies: Carrot Sticks Potato Wedges Choice of Fruit Choice of Milk</p>
<p>2/25/19</p> <p>1. Sloppy Joe On a Bun or 2. Cheese Omelette sausage patty Featured Veggies: Tater Tots Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>2/26/19</p> <p>1. Hot Turkey & Cheese On Flat Bread or 2. Walking Taco with a Dinner Roll Featured Veggies: Roasted Zucchini Caesar Salad Choice of Fruit Choice of Milk</p>	<p>2/27/19</p> <p>1. Mini Corn Dog with a Dinner Roll or 2. BBQ Chicken & Cheese On Flat Bread Featured Veggies: Steamed Broccoli Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>2/28/19</p> <p>1. Apple Frudel Sausage Links or 2. Smothered Pierogies Choice of Bread or Roll Featured Veggies: Mashed Sweet Potatoes Corn Salad Choice of Fruit Choice of Milk</p>	<p>3/1/19</p> <p>1. Pulled BBQ Pork On a Bun or 2. Stuff Crust Pizza Featured Veggies: Carrot Sticks Baked Beans Choice of Fruit Choice of Milk</p>
<p>3/4/19</p> <p>1. Cowboy Burger On a Roll or 2. Chicken Fingers with a Dinner Roll Featured Veggies: Green Beans Black Bean Salsa Choice of Fruit Choice of Milk</p>	<p>3/5/19</p> <p>1. Chicken Nuggets with a Dinner Roll or 2. Beef Taco On a Soft Tortilla Featured Veggies: Greek Hummus with pita chips Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>3/6/19</p> <p>1. Stuffed Shells Garlic Bread or 2. Fish sandwich On a Bun Featured Veggies: Steamed Broccoli Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>3/7/19</p> <p>1. BBQ Chicken Patty On a Bun or 2. Blueberry Pancakes sausage patty Featured Veggies: Yellow Beans Celery Sticks Choice of Fruit Choice of Milk</p>	<p>3/8/19</p> <p>1. Hot Ham and Cheese On a Bun or 2. Cheesy Pizza Featured Veggies: Green Peas Tomato & Onion Salad Choice of Fruit Choice of Milk</p>
<p>3/11/19</p> <p>1. Cini Mini with sausage Patty or 2. Popcorn Chicken Pretzel Stick Featured Veggies: Carrot Sticks Steamed Corn Choice of Fruit Choice of Milk</p>	<p>3/12/19</p> <p>1. Hot Dog On a Roll or 2. Nachos Grande Tortilla Chips Featured Veggies: Baked Beans Italian Salad Choice of Fruit Choice of Milk</p>	<p>3/13/19</p> <p>1. Bacon Cheese Burger On a Bun or 2. Chicken Fajita On a Soft Tortilla Featured Veggies: Tater Tots Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>3/14/19</p> <p>1. Italian Sausage Sandwich or 2. Macaroni & Cheese Featured Veggies: Roasted Parsnips Caesar Salad Choice of Fruit Choice of Milk</p>	<p>3/15/19</p> <p>1. Chicken & Cheese Quesadilla or 2. French Bread Pizza Featured Veggies: Steamed Carrots Corn Salad Choice of Fruit Choice of Milk</p>
<p>3/18/19</p> <p>1. Italian Meatballs & Cheese on a Roll or 2. Pepperoni & cheese Roll with Dipping Sauce Featured Veggies: Green Beans Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p>3/19/19</p> <p>1. Chicken Patty On a Bun or 2. Walking Taco with a Dinner Roll Featured Veggies: French Fries Tomato & Onion Salad Choice of Fruit Choice of Milk</p>	<p>3/20/19</p> <p>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</p>	<p>3/21/19</p> <p>1. BBQ Ribby On a Bun or 2. Rotini & Meat Sauce with a Dinner Roll Featured Veggies: Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p>3/22/19</p> <p>1. Smothered Pierogies Bacon Cheddar 2. Pizza Bagel Featured Veggies: Stewed Tomatoes Italian Salad Choice of Fruit Choice of Milk</p>
<p>3/25/19</p> <p>1. Mini Corn Dogs fresh baked dinner roll or 2. Cherry Frudel Sausage Links Featured Veggies: Roasted Sweet Potatoes Cucumber Salad Choice of Fruit Choice of Milk</p>	<p>3/26/19</p> <p>1. Toasted Turkey & cheese Sandwich or 2. Beef Taco On a Soft Tortilla Featured Veggies: Baked Beans Corn & black bean Salsa Choice of Fruit Choice of Milk</p>	<p>3/27/19</p> <p>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</p>	<p>3/28/19</p> <p>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</p>	<p>3/29/19</p> <p>1. Hot Ham and Cheese On a Pretzel Roll or 2. Cheesy Pizza Featured Veggies: Green Peas Tomato & Onion Salad Choice of Fruit Choice of Milk</p>