

2019 S.S. Palmer & Parkside



Palmerston 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

\$2.65

Reduced \$4.00

Adult

\$3.75

General Manager

Jamie Porter

Phone Number

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Email

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
8/26/19 1. Cheese Burger On a Bun or 2. Sweet & Sour Chicken Over Rice Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	8/27/19 1. Chicken Breast & Cheese On a Bun or 2. Nachos Grande Tortilla Chips Featured Veggies: Refried Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk	8/28/19 1. BBQ Ribby On a Bun or 2. French Toast Sticks With Sausage Links Featured Veggies: Steamed Corn Fresh Cucumber Slices Choice of Fruit Choice of Milk	8/29/19 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	8/30/19 Labor Day Holiday
9/2/19 Labor Day Holiday	9/3/19 1. Hot Turkey & cheese On an English Muffin or 2. Walking Taco with a Dinner Roll Featured Veggies: Cucumber Salad Cheesy Broccoli Choice of Fruit Choice of Milk	9/4/19 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	9/5/19 1. Pasta with meat sauce Garlic Bread stick or 2. Smothered Pierogies Pretzel Stick Featured Veggies: Tomato Soup Corn Salad Choice of Fruit Choice of Milk	9/6/19 1. Seasoned Pulled Pork On a Bun or 2. Stuff Crust Pizza Featured Veggies: Steamed Carrots Chick Pea Salad Choice of Fruit Choice of Milk
9/9/19 1. Italian Meatballs & Cheese On a Roll or 2. Chicken Tender Fritters with a Dinner Roll Featured Veggies: Green Beans Baby Carrots Choice of Fruit Choice of Milk	9/10/19 1. Chicken Alfredo over Penne with a Dinner Roll or 2. Beef Taco On a Soft Tortilla Featured Veggies: Steamed Broccoli Black Bean Salsa Choice of Fruit Choice of Milk	9/11/19 1. Bacon Cheese Burger On a Bun or 2. Buffalo Chicken Dip Tortilla Chips Featured Veggies: Caesar Salad Steamed Carrots Choice of Fruit Choice of Milk	9/12/19 1. Chicken Patty On a Bun or 2. Pancakes sausage patty Featured Veggies: Yellow Beans Celery Sticks Choice of Fruit Choice of Milk	9/13/19 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
9/16/19 1. Toasted Cheese Sandwich or 2. Popcorn Chicken Pretzel Sticks Featured Veggies: Carrot Sticks Steamed Corn Choice of Fruit Choice of Milk	9/17/19 1. Hot Dog On a Roll or 2. Nachos Grande Tortilla Chips Featured Veggies: Refried Beans Curried chickpea salad Choice of Fruit Choice of Milk	9/18/19 1. Sweet & Sour Meatballs Over Rice or 2. Chicken & Cheese Biscuit Sandwich Featured Veggies: Green Beans Cherry Tomatoes Choice of Fruit Choice of Milk	9/19/19 1. Hot Ham and Cheese Sandwich or 2. Macaroni & Cheese Featured Veggies: Brussels Sprouts Caesar Salad Choice of Fruit Choice of Milk	9/20/19 1. Chicken & Cheese Quesadilla or 2. Cheesy Pizza Featured Veggies: Steamed Carrots Corn Salad Choice of Fruit Choice of Milk
9/23/19 1. Meatballs in tomato sauce On a Bun or 2. Chicken Nuggets with a Dinner Roll Featured Veggies: Green Beans Chick Pea Salad Choice of Fruit Choice of Milk	9/24/19 1. Chicken Parmesan 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	9/25/19 1. Cowboy Burger On a Roll or 2. French Toast Sticks With Sausage Patties Featured Veggies: Green Peas Baby Carrots Choice of Fruit Choice of Milk	9/26/19 1. BBQ Ribby On a Bun or 2. Rotini & Meat Sauce with a Dinner Roll Featured Veggies: Spinach Salad Roasted Parsnips Choice of Fruit Choice of Milk	9/27/19 1. Smothered Pierogies Pepperoni & Mozzarella or 2. Pizza Bagel Featured Veggies: Stewed Tomatoes Italian Salad Choice of Fruit Choice of Milk
9/30/19 1. Buffalo Chicken Patty On a Bun or 2. Beef Fajita with peppers & onion On a Soft Tortilla Featured Veggies: Green Beans Tomato & Onion Salad Choice of Fruit Choice of Milk	10/1/19 1. Toasted Cheese Sandwich or 2. Beef Taco Tortilla Chips Featured Veggies: Chick Pea Salad Tomato Soup Choice of Fruit Choice of Milk	10/2/19 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	10/3/19 1. Grilled Chicken Sandwich On a Roll or 2. Italian Dunks Dipping sauce Featured Veggies: Corn Salad Roasted Butternut Squash Choice of Fruit Choice of Milk	10/4/19 1. Mini Corn Dogs Pretzel Stick or 2. Stuff Crust Pizza Featured Veggies: Roasted Sweet Potatoes Cucumber Salad Choice of Fruit Choice of Milk