

# November / December 2021 Elementary



# Palmerton Area District ELEMENTARY LUNCH MENU

## Monday

11/22/21

EARLY DISMISSAL  
NO LUNCH

## Tuesday

11/23/21

EARLY DISMISSAL  
NO LUNCH

## Wednesday

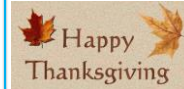
11/24/21

EARLY DISMISSAL  
NO LUNCH

## Thursday

11/25/21

NO SCHOOL



## Friday

11/26/21

NO SCHOOL



11/29/21

NO SCHOOL



11/30/21

1.Chicken Tenders with Dinner Roll  
or  
2.Beef Nachos Tortilla Chips  
**Featured Veggies:**  
Steamed Broccoli  
Chickpea Salad  
Choice of Fruit  
Choice of Milk

12/1/21

2.Mini Corn Dogs with a Dinner Roll  
or  
2. Chicken Nuggets with a Dinner Roll  
**Featured Veggies:**  
Mixed Vegetables  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

12/2/21

1.Waffles with Sausage Patty  
or  
2.Hamburger on a bun  
**Featured Veggies:**  
Sweet Potatoes  
Baby Carrots  
Choice of Fruit  
Choice of Milk

12/3/21

1. Pizza Bagel  
or  
2. BBQ Pulled Pork Sandwich on a bun  
**Featured Veggies:**  
Green Beans  
Cole Slaw  
Choice of Fruit  
Choice of Milk

12/6/21

1.BBQ Ribby On a Bun  
or  
2.Sweet and Sour Chicken over Rice  
**Featured Veggies:**  
Baked Fries  
Cherry Tomato  
Choice of Fruit  
Choice of Milk

12/7/21

2.Hot Dog On a Roll  
or  
2.Chicken Patty On a Bun  
**Featured Veggies:**  
Mixed Vegetables  
Italian Salad  
Choice of Fruit  
Choice of Milk

12/8/21

1.Chicken and Cheese Quesadilla  
or  
Baked Ziti  
Garlic Bread  
**Featured Veggies:**  
Mexicala Corn  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

12/9/21

1. Popcorn Chicken with a Dinner Roll  
or  
2.Walking Tacos  
**Featured Veggies:**  
Refried Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

12/10/21

1.Cheese Pizza  
or  
2.Smoothed Pierogies Pepperoni and Mozzarella  
**Featured Veggies:**  
Broccoli with Cheese Sauce  
Celery Sticks  
Choice of Fruit  
Choice of Milk

12/13/21

1.French Toast Stick with Sausage Links  
or  
2.Chicken and Cheese on a bun  
**Featured Veggies:**  
Tater Tots  
Baby Carrots  
Choice of Fruit  
Choice of Milk

12/14/21

1.Stoppo Joe On a Bun  
or  
1.Popcorn Chicken Pretzel Stick  
**Featured Veggies:**  
Steamed Corn  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

12/15/21

2.Macaroni and Cheese with a Dinner Roll  
or  
2.Hamburger On a Bun  
**Featured Veggies:**  
Green Peas  
Spinach Salad  
Choice of Fruit  
Choice of Milk

12/16/21

1. Chicken Tenders with Dinner Roll  
or  
2.Hot Dog On a Roll  
**Featured Veggies:**  
Broccoli  
Red Peppers  
Choice of Fruit  
Choice of Milk

12/17/21

1.Pizza Sticks with Marinara  
or  
2.Hot Ham and Cheese on a Donut  
**Featured Veggies:**  
Glazed Carrots  
Sliced Cucumbers  
Choice of Fruit  
Choice of Milk

12/20/21

1.Toasted Cheese Choice of Bread or Roll  
or  
2.Cheeseburger On a Bun  
**Featured Veggies:**  
Tomato Soup  
Celery Sticks  
Choice of Fruit  
Choice of Milk

12/21/21

1.Mozzarella Sticks with marinara  
or  
2.Beef Nachos Tortilla Chips  
**Featured Veggies:**  
Refried Beans  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

12/22/21

Ham Steak with a Dinner Roll and Mashed Potato Strawberry Shortcake  
**Featured Veggies:**  
Corn  
Baby Carrots  
Choice of Fruit  
Choice of Milk

12/23/21

EARLY DISMISSAL  
NO LUNCH



12/24/21

NO SCHOOL



12/27/21

NO SCHOOL



12/28/21

NO SCHOOL



12/29/21

NO SCHOOL



12/30/21

NO SCHOOL



12/31/21

NO SCHOOL



**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**  
Meal or meal 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:**

- Turkey and Cheese Sandwich
- Garden Salad with Roll
- Peanut Butter and Jelly Sandwich

Look for our nutritional friends on the menu

All Students Qualify for a free Breakfast and Lunch until June 2022

### Lunch Prices

Student- Free

Adult \$4.00

General Manager

Rose Levan

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Email

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USDA is an equal opportunity provider and employer.

Menu options Subject to change  
Based on Product Availability

