

PALMERTON HIGH SCHOOL / JUNIOR HIGH

November - December 2021

MONDAY
11/22/2021

TUESDAY
11/23/2021

WEDNESDAY
11/24/2021

THURSDAY
11/25/2021

FRIDAY
11/26/2021

Entrée
NO LUNCH



11/29/2021

Entrée
NO SCHOOL



12/6/2021

Entrée
Beefy Mac & Cheese with Dinner Roll or Popcorn Chicken with Dinner Roll
FEATURED VEGGIES
Roasted Lemon & Parm Broccoli
Cucumber Salad
Choice of Fruit
Choice of Milk

12/13/2021

Entrée
Grilled Cheese Sandwich with Tomato Soup or Sweet and Sour Chicken over Brown Rice
FEATURED VEGGIES
Steamed Mixed Veggies
Side Tossed Salad
Choice of Fruit
Choice of Milk

12/20/2021

Entrée
BBQ Ribby on Bun or Meatball Parm Sub on a Roll
FEATURED VEGGIES
Baked Beans
Baby Carrots
Choice of Fruit
Choice of Milk

12/27/2021

Entrée



Entrée
NO LUNCH



11/30/2021

Entrée
Beef Nachos Grande or Mini Corn Dogs with Dinner Roll
FEATURED VEGGIES
Green Beans
Black Bean and Corn Salsa
Choice of Fruit
Choice of Milk

12/7/2021

Entrée
Chicken Fajita on Soft Shell Tortilla or Boneless Wings with Dinner Roll
FEATURED VEGGIES
Curly Fries
Carrots and Celery
Choice of Fruit
Choice of Milk

12/14/2021

Entrée
Smokey Mountain Chicken Sandwich or Breakfast Bowl with Biscuit
FEATURED VEGGIES
Tater Tots
Tomato and Cucumber Salad
Choice of Fruit
Choice of Milk

12/21/2021

Entrée
Walking Taco with Tortilla Chips or Buffalo Chicken Nuggets with Dinner Roll
FEATURED VEGGIES
Steamed Broccoli
Cherry Tomato
Choice of Fruit
Choice of Milk

12/28/2021

Entrée



Entrée
NO LUNCH



12/1/2021

Entrée
Cowboy Burger on a Bun or General Tso's over Brown Rice
FEATURED VEGGIES
Baked Oven Fries
Sliced cucumbers
Choice of Fruit
Choice of Milk

12/8/2021

Entrée
Buffalo Chicken Dip with Tortilla Chips or Philly Cheese Steak on a Roll
FEATURED VEGGIES
Steamed Peas
Steamed Mixed Veggies
Choice of Fruit
Choice of Milk

12/15/2021

Entrée
Chicken Parmesan on a Kaiser Roll or Hot Ham and Cheese on a Donut
FEATURED VEGGIES
Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

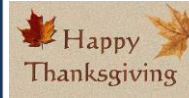
12/22/2021

Entrée
HOLIDAY MEAL
Ham Steak
Stuffing
Mash Potato
Strawberry Shortcake
FEATURED VEGGIES
Corn
Broccoli Salad
Choice of Fruit
Choice of Milk

12/29/2021



Entrée
NO SCHOOL



12/2/2021

Entrée
Pancakes with Sausage Links or Penne & Meatballs with Garlic Bread
FEATURED VEGGIES
Steamed Corn
Baby Carrots
Choice of Fruit
Choice of Milk

12/9/2021

Entrée
Baked Ziti with Breadstick or Hot Italian on Flatbread
FEATURED VEGGIES
Glazed Carrots
Chickpea Salad
Choice of Fruit
Choice of Milk

12/16/2021

Entrée
Lasagna with Garlic Knots or Chicken Tenders with Dinner Roll
FEATURED VEGGIES
Green Beans
Celery Sticks
Choice of Fruit
Choice of Milk

12/23/2021

Entrée
NO LUNCH



Entrée
NO SCHOOL



12/3/2021

Entrée
Loaded Bacon & Cheddar Pierogies or Spicy Chicken Patty
FEATURED VEGGIES
Steamed Mixed Vegetables
Caesar Salad
Choice of Fruit
Choice of Milk

12/10/2021

Entrée
Dutch Waffles with Sausage Patties or Spicy Chicken Patty
FEATURED VEGGIES
Mixed Vegetables
Garden Salad
Choice of Fruit
Choice of Milk

12/17/2021

Entrée
French Toast Sticks with Sausage Links or Spicy Chicken Patty on a Bun
FEATURED VEGGIES
Steamed Carrots
Side Caesar Salad
Choice of Fruit
Choice of Milk

12/24/2021

Entrée
NO SCHOOL



12/31/2021

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

Leave Your Lunch at Home

Daily entrée options may include:

- Cheese Burger on a Bun
- Chicken Patty on a Bun
- Cheese or Specialty Pizza



Daily Salads

- Vegetable Garden Salad with Roll
- Chef Salad with Roll
- Crispy Buffalo Chicken Salad with roll
- Sandwiches**
- Crispy Buffalo Chicken Wrap
- Italian Hoagie
- Chicken Bacon Ranch Wrap



LUNCH PRICES:

- Student- Free
- Reduced 0.00
- Adult \$4.00

Rose Levan - General Manager
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USDA is an equal opportunity provider and employer

Menu is subject to change based on product availability