

May/ June
2022



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

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 and Cheese Sandwich- WK 1 & 3 & 5
3. Turkey and Cheese Sandwich - WK 2 & 4 & 6
4. Garden Salad with Dinner Roll
5. Peanut Butter and Jelly Sandwich

All Students Qualify for
a Free Breakfast and Lunch
Until June 2022

Lunch Prices
Paid- Free
Reduced- 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



Monday	Tuesday	Wednesday	Thursday	Friday
5/9/22 1. Chicken Nuggets with a Dinner Roll or 2. Cheese Burger on a Bun Featured Veggies: Buttered Carrots Cherry Tomatoes Choice of Fruit Choice of Milk	5/10/22 1. Hot Dog On a Bun or 2. Chicken Parmesan On a Bun Featured Veggies: Baked Beans Sliced Cucumbers Choice of Fruit Choice or Milk	5/11/22 1. BBQ Ribby On a Bun or 2. Chicken Alfredo Garlic Bread Stick Featured Veggies: Steamed Broccoli Baby Carrots Choice of Fruit Choice or Milk	5/12/22 1. Mini Corn Dogs Pretzel Stick or 2. Buffalo Chicken Dip Tortilla Chips Featured Veggies: Smiley Fries Celery Sticks with Ranch Choice of Fruit Choice or Milk	5/13/22 1. Cheese Pizza or 2. Fish Sticks Pretzel Stick Featured Veggies: Peas Caesar Salad Choice of Fruit Choice or Milk
5/16/22 1. Smothered Pierogies Pepperoni and Mozzarella or 2. Hamburger on a Bun Featured Veggies: Peas Baby Carrots Choice of Fruit Choice of Milk	5/17/22 1. Chicken Tenders with Dinner Roll or 2. Chicken Nachos Tortilla Chips Featured Veggies: Buttered Carrots Chickpea Salad Choice of Fruit Choice of Milk	5/18/22 1. Baked Ziti Garlic Bread or 2. Pancake Sausage on a stick Featured Veggies: Mixed Vegetables Cherry Tomatoes Choice of Fruit Choice of Milk	5/19/22 1. BBQ Pulled Pork on a Bun or 2. Dutch Waffles with Sausage Patty Featured Veggies: Sweet Potatoes Celery Sticks Choice of Fruit Choice of Milk	5/20/22 1. Stuffed Crust Pizza or 2. Cheeseburger on Bun Featured Veggies: Corn Cucumber Slices Choice of Fruit Choice or Milk
5/23/22 1. Cowboy Burger On a Bun or 2. Pizza Sticks with Marinara Sauce Featured Veggies: Mixed Vegetables Cherry Tomato Choice of Fruit Choice of Milk	5/24/22 1. Hot Dog On a Bun or 2. Chicken Patty On a Bun Featured Veggies: Baked Fries Baby Carrots Choice of Fruit Choice of Milk	5/25/22 1. Macaroni and Cheese with a Dinner Roll or 2. Cheeseburger On a Bun Featured Veggies: Broccoli Garden Salad Choice of Fruit Choice of Milk	5/26/22 1. Popcorn Chicken Pretzel Stick or 2. Walking Tacos Featured Veggies: Steamed Carrots Celery Sticks Choice of Fruit Choice of Milk	5/27/22 1. Cheese Pizza or 2. Chicken Tenders with Gold Fish Featured Veggies: Peas Cucumber Salad Choice of Fruit Choice of Fruit
5/30/22 NO SCHOOL 	5/31/22 1. Mini Corn Dogs Gold Fish or 2. BBQ Ribby on a bun Featured Veggies: Peas Cherry Tomatoes Choice of Fruit Choice of Milk	6/1/22 1. Mini Corn Dogs Gold Fish or 2. BBQ Ribby on a bun Featured Veggies: Peas Cherry Tomatoes Choice of Fruit Choice of Milk	6/2/22 1/2 Day NO LUNCH	6/3/22 LAST DAY OF SCHOOL Enjoy your Summer
	↓ Towamensing Picnic Lunch 1. Hamburger/ Cheeseburger 2. Hot Dogs Baby Carrots Hershey Juice Rush Cup Choice of Milk	↓ Parkside and Palmer Picnic Lunch 1. Hamburger/ Cheeseburger 2. Hot Dogs Baby Carrots Hershey Juice Rush Cup Choice of Milk		

