

# Palmerton High School and Junior High

## May/June 2022

**MONDAY**  
5/9/22

**TUESDAY**  
5/10/22

**WEDNESDAY**  
5/11/22

**THURSDAY**  
5/12/22

**FRIDAY**  
5/13/22



### 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  
Chicken Nuggets with Pretzel Stick  
Cheese or Pepperoni 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

Entrée  
Cowboy Burger on a Bun  
or  
Buffalo Chicken Tenders  
Dinner Roll  
**FEATURED VEGGIES**  
Mixed Vegetables  
Baby Carrots  
Choice of Fruit  
Choice of Milk

5/16/22

Entrée  
Philly Steak Sandwich  
or  
BBQ Chicken on Flatbread on a Bun  
**FEATURED VEGGIES**  
Baked Fries  
Cucumber Salad  
Choice of Fruit  
Choice of Milk

5/17/22

Entrée  
Mash Potato Bowl with Dinner Roll  
**FEATURED VEGGIES**  
Corn  
Caesar Salad  
Choice of Fruit  
Choice of Milk

5/18/22

Entrée  
Mini Corn Dogs with Dinner Roll  
or  
Asian Sesame Chicken over Brown Rice  
**FEATURED VEGGIES**  
Broccoli  
Chickpea Salad  
Choice of Fruit  
Choice of Milk

5/19/22

Entrée  
Sausage, Egg and Cheese on a Donut  
or  
Spicy Chicken Patty on a bun  
**FEATURED VEGGIES**  
Buttered Carrots  
Celery Sticks  
Choice of Fruit  
Choice of Milk

5/20/22

Entrée  
Wing Bar with Choice of Sauce  
Garlic Parm  
Mild Wing Sauce  
Sweet Chili Sauce  
**FEATURED VEGGIES**  
Green Beans  
Celery and Carrots  
Choice of Fruit  
Choice of Milk

5/23/22

Entrée  
Chicken Nacho Grande  
or  
Popcorn Chicken with Pretzel Stick  
**FEATURED VEGGIES**  
Onion Rings  
Black Bean and Corn Salsa  
Choice of Fruit  
Choice of Milk

5/24/22

Entrée  
Meatball Sub on Roll  
or  
General Tso's over Brown Rice  
**FEATURED VEGGIES**  
Broccoli  
Sliced Cucumbers  
Choice of Fruit  
Choice of Milk

5/25/22

Entrée  
Chicken Alfredo with Garlic Bread  
or  
Smokey Mountain Chicken Patty on a Bun  
**FEATURED VEGGIES**  
Mixed Vegetables  
Baby Carrots  
Choice of Fruit  
Choice of Milk

5/26/22

Entrée  
French Toast Sticks with Sausage Links  
or  
Spicy Chicken Patty  
**FEATURED VEGGIES**  
Buttered Carrots  
Chickpea Salad  
Choice of Fruit  
Choice of Milk

5/27/22

Entrée  
BBQ Pulled Pork on a Bun  
or  
Chicken Parm Garlic Bread  
**FEATURED VEGGIES**  
Baked Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

5/30/22

Entrée  
Mini Corn Dogs with Dinner Roll  
or  
Chicken Bacon Ranch on Flatbread  
**FEATURED VEGGIES**  
Mixed Vegetables  
Celery  
Choice of Fruit  
Choice of Milk

5/31/22

Entrée  
Buffalo Chicken Dip with Tortilla Chips  
or  
Dutch Waffles with Sausage Links  
**FEATURED VEGGIES**  
Corn  
Broccoli Salad  
Choice of Fruit  
Choice of Milk

6/1/22

Entrée  
Buffalo Macaroni and Cheese  
Garlic Bread  
or  
Chicken Tenders with Dinner Roll  
**FEATURED VEGGIES**  
Peas  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

6/2/22

Entrée  
Loaded Pierogies with Pepperoni and Mozzarella  
or  
Spicy Chicken Patty  
**FEATURED VEGGIES**  
Glazed Carrots  
Cucumbers  
Choice of Fruit  
Choice of Milk

6/3/22

Hershey's Juice rush cups will be served on 5/31/22 as a fruit option

NO SCHOOL  
**MEMORIAL DAY**

6/6/22

Entrée  
Cowboy Burger on a Bun  
**FEATURED VEGGIES**  
Peas  
Baby Carrots  
Choice of Fruit  
Choice of Milk

6/7/22

Entrée  
Loaded Fries  
Dinner Roll  
**FEATURED VEGGIES**  
Mixed Vegetables  
Tomato and Cucumber Salad  
Choice of Fruit  
Choice of Milk

6/8/22

1/2 day  
No lunch

6/9/22

Last Day of School  
Have a Wonderful Summer  
**It's SUMMER Time**

6/10/22

6/13/22

6/14/22

6/15/22

6/16/22

6/17/22



### LUNCH PRICES:

Students- Free  
Reduced - Free  
Adult \$4.00

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