

Palmerton High School and Junior High

August- September 2022



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 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

Menu is subject to change based on product availability

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8/29/22

8/30/22

8/31/22

9/1/22

9/2/22

BREAKFAST MONDAYS

Bacon, Egg, Cheese on a Donut or Buffalo Chicken Dip with Tortilla Chips
FEATURED VEGGIES
 Buttered Corn
 Cauliflower Salad
 Choice of Fruit
 Choice of Milk

TACO TUESDAYS

Beef Nachos Grande over Tortilla Chips or Chicken Tenders with Dinner Roll
FEATURED VEGGIES
 Glazed Carrots
 Black Bean and Corn Salsa
 Choice of Fruit
 Choice of Milk

GRILL

BBQ Grilled Chicken & Cheese on Kaiser or Toasted Cheese Sandwich
 Tomato Soup
FEATURED VEGGIES
 Mixed Vegetables
 Cucumber Salad
 Choice of Fruit
 Choice of Milk

PASTA THURSDAYS

Pasta with Meatballs
 Garlic Bread or Bacon, Chicken Ranch on Flatbread
FEATURED VEGGIES
 Green Peas
 Celery Stick with Ranch
 Choice of Fruit
 Choice of Milk

SPICY FRIDAY



9/5/22

9/6/22

9/7/22

9/8/22

9/9/22

NO SCHOOL



Chicken Fajitas on Soft Shell Tortilla or Italian Sausage Sandwich with Peppers and Onions
FEATURED VEGGIES
 Buttered Carrots
 Chicken pea salad
 Choice of Fruit
 Choice of Milk

Bacon Cheeseburger on Bun or Buffalo Chicken Nuggets with Dinner Roll
FEATURED VEGGIES
 Baked Fries
 Pasta Salad
 Choice of Fruit
 Choice of Milk

Baked Ziti with Garlic Stick or BBQ Ribby on Roll
FEATURED VEGGIES
 Mixed Vegetables
 Cole Slaw
 Choice of Fruit
 Choice of Milk

Hot & Spicy Chicken Patty on a Bun or Cheeseburger Mash Potato Bowl with Dinner Roll
FEATURED VEGGIES
 Buttered Corn
 Baby Carrots
 Choice of Fruit
 Choice of Milk

9/12/22

9/13/22

9/14/22

9/15/22

9/16/22

Sausage, Egg and Cheese on a Waffle or General Tso Chicken over Rice
FEATURED VEGGIES
 Steamed Broccoli
 Baby Carrots
 Choice of Fruit
 Choice of Milk

Pork Tacos on Soft Shell Tortilla or Hot Ham and Cheese on Pretzel Roll
FEATURED VEGGIES
 Refried Beans
 Cucumber Slices
 Choice of Fruit
 Choice of Milk

Wing Bar
 Choice of Sauces with Pretzel Roll
FEATURED VEGGIES
 Baked Fries
 Celery Stick with Ranch
 Choice of Fruit
 Choice of Milk

Macaroni and Cheese with Dinner Roll or Chicken Parmesan with Garlic Bread
FEATURED VEGGIES
 Buttered Corn
 Tomato and Mozzarella Salad
 Choice of Fruit
 Choice of Milk

Hot & Spicy Chicken Patty on a Bun or Smothered Pierogies with Butter and Onions
FEATURED VEGGIES
 Mixed Vegetables
 Chicken Caesar Pasta Salad
 Choice of Fruit
 Choice of Milk

9/19/22

9/20/22

9/21/22

9/22/22

9/23/22

Dutch Waffle with Sausage Links or BBQ Chicken and Cheese on Flatbread
FEATURED VEGGIES
 Mixed Vegetables
 Cucumber Slices
 Choice of Fruit
 Choice of Milk

Walking Taco w/ Pretzel Roll or Mini Corn Dogs with Pretzel Roll
FEATURED VEGGIES
 Green Beans
 Cherry Tomatoes
 Choice of Fruit
 Choice of Milk

Smokey Mountain Chicken Patty on Kaiser Roll or Hot Italian on Flatbread
FEATURED VEGGIES
 Glazed Carrots
 Sweet Pepper Medley
 Choice of Fruit
 Choice of Milk

Lasagna with Garlic Bread or BBQ Pork Sandwich on Bun
FEATURED VEGGIES
 Baked Beans
 Bruschetta
 Choice of Fruit
 Choice of Milk

Hot & Spicy Chicken Patty on a Bun or Chicken Mash Potato Bowl with Dinner Roll
FEATURED VEGGIES
 Buttered Corn
 Baby Carrots
 Choice of Fruit
 Choice of Milk

9/26/22

9/27/22

9/28/22

9/29/22

9/30/22

Waffle Chicken Sandwich with Gravy or Meatball Sub on Roll
FEATURED VEGGIES
 Buttered Corn
 Garden Pasta Salad
 Choice of Fruit
 Choice of Milk

Chicken Quesadilla on Soft Shell Tortilla or Philly Cheese Steak on Roll
FEATURED VEGGIES
 Mixed Vegetables
 Pico De Gallo
 Choice of Fruit
 Choice of Milk

Bomber Burger on Bun or Buffalo Chicken and Cheddar on Flatbread
FEATURED VEGGIES
 Baked Fries
 Cucumber Slices
 Choice of Fruit
 Choice of Milk

Chicken Alfredo with Garlic Knots or Sweet and Sour Chicken over Brown Rice
FEATURED VEGGIES
 Steamed Broccoli
 Baby Carrots
 Choice of Fruit
 Choice of Milk

Hot & Spicy Chicken Patty on a Bun or Loaded Pierogies with Bacon and Cheddar
FEATURED VEGGIES
 Glazed Carrots
 Celery Stick with Ranch
 Choice of Fruit
 Choice of Milk

10/3/22

10/4/22

10/5/22

10/6/22

10/7/22

French Toast Sticks with Sausage Links or Chicken Nuggets with Buttered Noodles
FEATURED VEGGIES
 Green Peas
 Chocolate Hummus
 Choice of Fruit
 Choice of Milk

Southwest Bowl Over Brown Rice or Chicken Bacon Ranch on Flatbread
FEATURED VEGGIES
 Southwest Corn
 Pico De Gallo
 Choice of Fruit
 Choice of Milk

Cowboy Burger on Bun or Asian Sesame Chicken over Brown Rice
FEATURED VEGGIES
 Broccoli
 Baby Carrots
 Choice of Fruit
 Choice of Milk

Stuffed Shells with Garlic Bread or BBQ Sriracha Chicken on Kaiser
FEATURED VEGGIES
 Buttered Carrots
 Caesar Salad
 Choice of Fruit
 Choice of Milk

Hot & Spicy Chicken Patty on a Bun or Loaded Fries with Pretzel Stick
FEATURED VEGGIES
 Seasoned Green Beans
 Cucumber Salad
 Choice of Fruit
 Choice of Milk



LUNCH PRICES:

Free- 0.00
 Reduced - 0.40
 Paid -\$2.95
 Adult \$4.00

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