



# Palmerton Area School 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 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 ALTERNATES.**

**Daily Entree Options**  
3. Ham and Cheese WK 1 & 3 & 5  
3. Turkey and Cheese WK 2 & 4 & 6

4. Garden Salad with Dinner Roll  
5. Peanut Butter and Jelly on Bread

**Nutritious Friends**  
Look for our Nutritious Friend of the Month on the menu!  
This Month.....



Lunch Prices  
Student \$2.85  
Reduced \$.40  
Adult-\$4.00

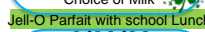

Rose Levan

610-826-3155 Ext. 2218

[Rlevan@palmerton.org](mailto:Rlevan@palmerton.org)

USDA is an equal opportunity provider and employer.

Menu subject to change based on product availability

CHICKEN	TACO	PASTA	Breakfast for Lunch	PIZZA
<b>Monday</b> <b>2/13/23</b> 1. Chicken Mash Potato Bowl with Roll or 2. Hot Dog on a Bun <b>Featured Veggies:</b> Buttered Corn Cucumber Slices Choice of Fruit Choice of Milk	<b>Tuesday</b> <b>2/14/23</b> 1. Waffles with Strawberries and Whipped Topping or 2. Chicken Nugget with Pretzel Stick <b>Featured Veggies:</b> Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk <i>Special Treat with School Lunch</i>	<b>Wednesday</b> <b>2/15/23</b> 1. Baked Ziti with Garlic Bread or 2. Chicken and Cheese Patty on Bun <b>Featured Veggies:</b> Broccoli with Cheese Sauce Baby Carrots Choice of Fruit Choice of Milk	<b>Thursday</b> <b>2/16/23</b> 1. French Toast Stick with Sausage Links or Sloppy Joe on Bun <b>Featured Veggies:</b> Tater Tots Celery Sticks with Ranch Choice of Fruit Choice of Milk 	<b>Friday</b> <b>2/17/23</b>  <b>NO LUNCH</b> 1/2 Day
<b>2/20/23</b> <b>NO SCHOOL</b>	<b>2/21/23</b> <b>NO SCHOOL</b>	<b>2/22/23</b> 1. Cheese Ravioli with Dinner Roll or 2. Cowboy Burger On a Bun <b>Featured Veggies:</b> Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk	<b>2/23/23</b> 1. Waffles with Sausage Patties or 2. BBQ Chicken and Cheese On Roll <b>Featured Veggies:</b> Buttered Corn Cherry Tomatoes Choice of Fruit Choice of Milk	<b>2/24/23</b> 1. Stuffed Crust Pizza or 2. Fish Sticks with Dinner Roll <b>Featured Veggies:</b> Green Peas Caesar Salad Choice of Fruit Choice of Milk <b>LUCKY TRAY DAY</b>
<b>2/27/23</b> 1. Chicken Patty on WG Bun or 2. Toasted Cheese Sandwich with Tomato Soup <b>Featured Veggies:</b> Mixed Vegetables Baby Carrots Choice of Fruit Choice of Milk	<b>2/28/23</b> 1. Turkey Taco on Soft Shell or 2. BBQ Ribby on a bun <b>Featured Veggies:</b> Green Beans Cherry Tomatoes Choice of Fruit Choice of Milk	<b>3/1/23</b> 1. Stuffed Shells with Garlic Bread or 2. Hot Dog on a Bun <b>Featured Veggies:</b> Baked Beans Coleslaw Choice of Fruit Choice of Milk	<b>3/2/23</b> 1. Dutch Waffles with Sausage Patty or 2. Fish Sticks with Dinner Roll <b>Featured Veggies:</b> Broccoli Celery with Ranch Choice of Fruit Choice of Milk	<b>3/3/23</b> 1. Cheese Pizza Sticks with Marinara or 2. Mini Corn Dogs with Dinner Roll <b>Featured Veggies:</b> Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk
<b>3/6/23</b> Sweet and Sour Chicken over Brown Rice or Meatball Sub on a Bun <b>Featured Veggies:</b> Buttered Corn Broccoli Salad Choice of Fruit Choice of Milk	<b>3/7/23</b> Walking Taco Pretzel Sticks or Chicken Tenders w/ Pretzel stick <b>Featured Veggies:</b> Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	<b>3/8/23</b> Chicken Alfredo with Garlic Knot or Hot Dog on a Bun <b>Featured Veggies:</b> Steamed Broccoli Cucumber Salad Choice of Fruit Choice of Milk	<b>3/9/23</b> 1. Pancake Sausage on a Stick or 2. Cheese Burger on a Bun <b>Featured Veggies:</b> Smiley Fries Baby Carrots Choice of Fruit Choice of Milk	<b>3/10/23</b> 1. Cheese Pizza or 2. Fish Sticks with Dinner Roll <b>Featured Veggies:</b> Buttered Carrots Sweet Pepper Sticks Choice of Fruit Choice of Milk <b>LUCKY TRAY DAY</b>
<b>3/13/23</b> 1. Chicken and Mashed Potato Bowl w/ Roll or 2. BBQ Ribby On a Bun <b>Featured Veggies:</b> Corn Sliced Cucumbers Choice of Fruit Choice of Milk	<b>3/14/23</b> 1. Nachos Grande w/ Chicken or 2. Bacon Cheeseburger on a Bun <b>Featured Veggies:</b> Glazed Carrots Cherry Tomatoes Choice of Fruit Choice of Milk	<b>3/15/23</b> 1. Rotini and Meatballs with Garlic Bread or 2. Chicken Patty on Bun <b>Featured Veggies:</b> Smiley Fries Chickpea Salad Choice of Fruit Choice of Milk	<b>3/16/23</b> 1. Pancakes with Sausage links or 2. Chicken Parmesan on a bun <b>Featured Veggies:</b> Mixed Vegetables Baby Carrots Choice of Fruit Choice of Milk 	<b>3/17/23</b> <b>NO SCHOOL</b> 
<b>3/20/23</b> 1. General Tso Chicken over Brown Rice or 2. Mini Corn Dogs with Dinner Roll <b>Featured Veggies:</b> Broccoli Baby Carrots Choice of Fruit Choice of Milk	<b>3/21/23</b> 1. Beef Nachos over Tortilla Chips or 2. Mozzarella Sticks with Marinara <b>Featured Veggies:</b> Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	<b>3/22/23</b> 1. Macaroni and Cheese with Dinner Roll or 2. Meatball Sub on a Roll <b>Featured Veggies:</b> Mixed Vegetables Cucumber Slices Choice of Fruit Choice of Milk	<b>3/23/23</b> 1. French Toast Sticks with Sausage Links or 2. BBQ Pulled Pork Sandwich <b>Featured Veggies:</b> Tater Tots Cole Slaw Choice of Fruit Choice of Milk	<b>3/24/23</b> 1. Cheese Pizza or 2. Hot Dog on a Bun <b>Featured Veggies:</b> Buttered Corn Spinach Salad Choice of Fruit Choice of Milk <b>LUCKY TRAY DAY</b>