

May 2023



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. **Friday Only** - 1&3&5
Italian Craveable- Cheese Stick, Pepperoni Slices, Baby Carrots, Grapes, Goldfish Cracker

3. Turkey and Cheese WK 2&4&6
 3. **Friday Only-** WK 2&4&6
Bread Stick Dipper- Breadsticks, Pizza Sauce, Cheese Stick, Diced Peaches

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.....

CHICKEN	TACO	PASTA	Breakfast for Lunch	PIZZA
Monday 5/8/23 1. Chicken Mash Potato Bowl with Roll or 2. Hot Dog on a Bun Featured Veggies: Buttered Corn Cucumber Slices Choice of Fruit Choice of Milk	Tuesday 5/9/23 1. Chicken Nachos over Tortilla Chips or Sloppy Joe on Bun Featured Veggies: Seasoned Peas Cherry Tomatoes Choice of Fruit Choice of Milk	Wednesday 5/10/23 1. Baked Ziti with Garlic Bread or 2. Chicken and Cheese Patty on Bun Featured Veggies: Broccoli with Cheese Sauce Baby Carrots Choice of Fruit Choice of Milk	Thursday 5/11/23 1. French Toast Stick with Sausage Links or 2. Chicken Nuggets with Dinner Roll Featured Veggies: Tater Tots Celery Sticks with Ranch Choice of Fruit Choice of Milk	Friday 5/12/23 1. Stuffed Crust Pizza or 2. Fish Sticks with Dinner Roll Featured Veggies: Mixed Vegetables Chickpea Salad Choice of Fruit Choice of Milk
5/15/23 1. Chicken Patty on WG Bun or 2. Toasted Cheese Sandwich and Tomato Soup Featured Veggies: Green Beans Baby Carrots Choice of Fruit Choice of Milk	5/16/23 1. Walking Taco Pretzel Stick or 2. Chicken Nuggets with Pretzel Stick Featured Veggies: Mixed Vegetables Chickpea Salad Choice of Fruit Choice of Milk	5/17/23 1. Cheese Ravioli with Dinner Roll or 2. Cowboy Burger on a Bun Featured Veggies: Sugar Snap Peas Cucumber Slices Choice of Fruit Choice of Milk	5/18/23 1. Pancake Sausage on a Stick or 2. Chicken Parmesan on a WG Bun Featured Veggies: Glazed Carrots Celery Stick with Ranch Choice of Fruit Strawberry Shortcake Choice of Milk	Carnival Theme Meal 5/19/23 1. Dutch Waffles with Sausage Links or 2. Mini Corn Dogs with Dinner Roll Featured Veggies: Seasoned Corn on the Cob Cherry Tomatoes Frozen Juice Rush Cup Choice of Milk Lucky Trav Dav
5/22/23 1. General Tso Chicken over Brown Rice or 2. Cheeseburger on WG Bun Featured Veggies: Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	5/23/23 1. Beef Taco on Soft Shell or 2. Hot Ham and Cheese on a bun Featured Veggies: Glazed Carrots Cole Slaw Choice of Fruit Choice of Milk	5/24/23 1. Stuffed Shells with Garlic Bread or 2. Hot Dog on a Bun Featured Veggies: Baked Beans Cucumber Slices Choice of Fruit Choice of Milk	5/25/23 1. Pancakes with Sausage Patty or 2. Fish Sticks with Dinner Roll Featured Veggies: Mixed Vegetables Celery with Ranch Choice of Fruit Choice of Milk	5/26/23 NO SCHOOL MEMORIAL DAY
5/29/23 NO SCHOOL MEMORIAL DAY 	5/30/23 Walking Taco Pretzel Sticks or Chicken Tenders w/ Pretzel stick Featured Veggies: Buttered Corn Cherry Tomatoes Choice of Fruit Choice of Milk	5/31/23 2. BBQ Ribby on a bun or 2. Mini Corn Dogs Featured Veggies: Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	6/1/23 1/2 DAY NO LUNCH	6/2/23 LAST DAY OF SCHOOL
5/22/23 Towamensing Cook Out Day Lunch Grilled Hamburgers and Grilled Hot Dogs Featured Veggies Baby Carrots Garden Pasta Salad Frozen Juice Rush Cup Choice of Milk		5/31/2023 Parkside and Palmer Cook out Day Lunch Grilled Hamburgers and Grilled Hot Dogs Featured Veggies Baby Carrots Garden Pasta Salad Frozen Juice Rush Cup Choice of Milk		

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

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USDA is an equal opportunity provider and employer.

Menu subject to change based on product availability