

Palmerton High School and Junior High

May 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5/8/2023

5/9/2023

5/10/2023

5/11/23

5/12/23

GE BREAKFAST MONDAYS
Sausage, Egg and Cheese on a Donut or Buffalo Chicken Dip with Tortilla Chips
FEATURED VEGGIES
Seasoned Peas
Cauliflower Salad
Choice of Fruit
Choice of Milk

TACO TUESDAYS
Beef Nacho 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 Chicken Sandwich on Kaiser Roll or Toasted Cheese Sandwich
Tomato Soup
FEATURED VEGGIES
Mixed Vegetables
Cucumber Salad
Choice of Fruit
Choice of Milk

PASTA THURSDAYS
Lasanga
Garlic Bread or Bacon Chicken Ranch on Flatbread
FEATURED VEGGIES
Broccoli
Tomato and Mozzarella Salad
Choice of Fruit
Choice of Milk

Carnival Theme Day
Dutch Waffles with Sausage links or Mini Corn Dogs with Dinner Roll
FEATURED VEGGIES
Fries with Malt Vinagar
Corn on the Cob with Old Bay
Frozen Juice
Rush Cup
Choice of Milk

Spring Day HS

5/15/23

5/16/23

5/17/23

5/18/23

5/19/23

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

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

Cowboy Burger on WG Bun or Buffalo Chicken Nuggets with Dinner
FEATURED VEGGIES
Baked Curly Fries
Sweet Pepper Medley
Choice of Fruit
Choice of Milk

Stuffed Shells with Garlic Bread or Mini Corn Dogs with Dinner Roll
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

Strawberry Shortcake

5/22/23

5/23/23

5/24/23

5/25/23

5/26/23

Dutch Waffle Bar with Sausage Links or Italian Grinders on
FEATURED VEGGIES
Mixed Vegetables
Cucumber Slices
Choice of Fruit
Choice of Milk

Meatball Parm Sub on Roll or Buffalo Chicken and Cheese on Flatbread
FEATURED VEGGIES
Green Beans
Baby Carrots
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

Pasta Bar with Garlic Bread or Chicken Parmesan on A Bun
FEATURED VEGGIES
Buttered Corn
Caesar Salad
Choice of Fruit
Choice of Milk

No School


5/29/23

5/30/23

5/31/23

6/1/23

6/2/23

No School


Mini Corn Dogs
Dinner Roll
FEATURED VEGGIES
Green Beans
Cherry Tomatoes
Choice of Fruit
Choice of Milk

Loaded Fry Bar with Pretzel Stick
FEATURED VEGGIES
Buttered Cron
Baby Carrots
Choice of Fruit
Choice of Milk

1/2 Day
No lunch

Last Day of School




Empty menu boxes for the week of June 1st to 5th, with a strawberry shortcake image on the right.

5/1/23

5/2/23

5/3/23

5/4/23

5/5/23

Empty menu boxes for the week of May 1st to 5th.



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



LUNCH PRICES:

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

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