



January-February 2024

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 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.....

Lunch Prices
Student \$2.85
Reduced \$.0
Adult-\$4.25

Edward Welch

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USDA is an equal opportunity provider and employer.

Menu subject to change based on product availability

Palmerton Area School District

ELEMENTARY LUNCH MENU

CHICKEN	TACO	PASTA	Breakfast for Lunch	PIZZA
Monday 1/1/24	Tuesday 1/2/24	Wednesday 1/3/24	Thursday 1/4/24	Friday 1/5/24
No School 	1. Chicken Tacos on Soft Shell Tortilla or Sloppy Joe on Bun Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	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	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	1. Cheese Pizza or 2. Mini Corn Dogs with Dinner Roll Featured Veggies: Mixed Vegetables Cucumber Slices Choice of Fruit Choice of Milk
1/8/24 1. Chicken Tenders with a Dinner Roll or 2. Hot Dog On a Bun Featured Veggies: Smiley Fries Celery Sticks Choice of Fruit Choice of Milk	1/9/24 1. Walking Taco Pretzel Stick or 2. Chicken Nuggets with Pretzel Stick Featured Veggies: Mixed Vegetables Chickpea Salad Choice of Fruit Choice of Milk	1/10/24 1. Cheese Ravioli with Dinner Roll or 2. Cowboy Burger On a Bun Featured Veggies: Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk	1/11/24 1. Waffles with Sausage Patties or 2. BBQ Chicken and Cheese On Roll Featured Veggies: Buttered Corn Cherry Tomatoes Choice of Fruit Choice of Milk	1/12/24 1. Stuffed Crust Pizza or 2. Fish Sticks with Dinner Roll Featured Veggies: Green Peas Caesar Salad Choice of Fruit Choice of Milk
1/15/24 	1/16/24 1. Beef Taco on Soft Shell or 2. BBQ Ribby on a bun Featured Veggies: Green Beans Cole Slaw Choice of Fruit Choice of Milk	1/17/24 1. Stuffed Shells with Garlic Bread or 2. Hot Dog on a Bun Featured Veggies: Baked Beans Baby Carrots Choice of Fruit Choice of Milk	1/18/24 1. Dutch Waffles with Sausage Patty or 2. Fish Sticks with Dinner Roll Featured Veggies: Broccoli Celery with Ranch Choice of Fruit Choice of Milk	1/19/24 1. Cheese Pizza Sticks with Marinara or 2. Mini Corn Dogs with Dinner Roll Featured Veggies: Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk
1/22/24 Chicken Patty on WG Bun or Meatball Sub on a Bun Featured Veggies: Buttered Corn Broccoli Salad Choice of Fruit Choice of Milk	1/23/24 Walking Taco Pretzel Sticks or Chicken Tenders w/ Pretzel stick Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	1/24/24 Chicken Alfredo with Garlic Knot or Hot Dog on a Bun Featured Veggies: Steamed Broccoli Cucumber Salad Choice of Fruit Choice of Milk	1/25/24 1. Pancake Sausage on a Stick or 2. Cheese Burger on a Bun Featured Veggies: Smiley Fries Baby Carrots Choice of Fruit Choice of Milk	1/26/24 1. Cheese Pizza or 2. Fish Sticks with Dinner Roll Featured Veggies: Buttered Carrots Sweet Pepper Sticks Choice of Fruit Choice of Milk
1/29/24 1. Chicken and Mashed Potato Bowl w/ Roll or 2. BBQ Ribby On a Bun Featured Veggies: Corn Sliced Cucumbers Choice of Fruit Choice of Milk	1/30/24 1. Nachos Grande w/ Chicken or 2. Bacon Cheeseburger on a Bun Featured Veggies: Glazed Carrots Cherry Tomatoes Choice of Fruit Choice of Milk	1/31/24 1. Rotini and Meatballs with Garlic Bread or 2. Chicken Patty on Bun Featured Veggies: Smiley Fries Chickpea Salad Choice of Fruit Choice of Milk	2/1/24 1. Pancakes with Sausage links or 2. Chicken Parmesan on a bun Featured Veggies: Mixed Vegetables Baby Carrots Choice of Fruit Choice of Milk	2/2/24 1. French Bread Pizza or 2. Smothered Pierrois Bacon Cheddar Featured Veggies: Smiley Fries Cucumber Slices Choice of Fruit Choice of Milk
2/5/24 Chicken Nuggets with Pretzel Stick or 2. Mini Corn Dogs with Dinner Roll Featured Veggies: Broccoli Baby Carrots Choice of Fruit Choice of Milk	2/6/24 1. Beef Nachos over Tortilla Chips or 2. Mozzarella Sticks with Marinara Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	2/7/24 1. Macaroni and Cheese with Dinner Roll or 2. Meatball Sub on a Roll Featured Veggies: Mixed Vegetables Cucumber Slices Choice of Fruit Choice of Milk	2/8/24 1. French Toast Sticks with Sausage Links or 2. BBQ Pulled Pork Sandwich Featured Veggies: Tater Tots Cole Slaw Choice of Fruit Choice of Milk	2/9/24 1. Cheese Pizza or 2. Hot Dog on a Bun Featured Veggies: Buttered Corn Spinach Salad Choice of Fruit Choice of Milk