



Palmerton High School and Junior High

January - February 2024



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





LUNCH PRICES:

Free- 0.00
Reduced - 0.40
Paid -\$2.95
Adult \$4.25

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/1/2024	1/2/2024	1/3/2024	1/4/24	1/5/24
BREAKFAST MONDAYS NEWYEARS DAY 	TACO TUESDAYS Beef Nacho Grande over Tortilla Chips or Spicy 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 Pasta with Meatballs Garlic Bread or Bacon Chicken Ranch on Flatbread FEATURED VEGGIES Peas Tomato and Mozzarella Salad Choice of Fruit Choice of Milk	SPICY FRIDAY Hot & Spicy Chicken Patty on a WG Bun or Cheeseburger Mashed Potato Bowl FEATURED VEGGIES Buttered Corn Baby Carrots Choice of Fruit Choice of Milk
1/8/24	1/9/24	1/10/24	1/11/24	1/12/24
French Toast Sticks with Sausage Pattv or Asian Sesame Chicken over Rice FEATURED VEGGIES Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	Chicken Fajitas on Soft Shell Tortilla or Chicken Pot Pie FEATURED VEGGIES Refried Beans Cucumber Slices Choice of Fruit Choice of Milk	Breakfast Cheese Burger on Bun or Buffalo Chicken Nuggets with Dinner Roll FEATURED VEGGIES Baked Curly Fries Sweet Pepper Medley Choice of Fruit Choice of Milk	Cheese Ravioli with Garlic Stick or Hot Ham & Cheese on a Croissant FEATURED VEGGIES Mixed Vegetables Bruschetta Choice of Fruit Choice of Milk	Hot & Spicy Chicken Patty on a Bun or Chicken Lo Mein Bowl FEATURED VEGGIES Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk
1/15/24	1/16/24	1/17/24	1/18/24	1/19/24
	Bang 'in Chicken Tacos on Soft Shell Tortilla or BBQ Rib Sandwich on WG Bun FEATURED VEGGIES Green Beans Cherry Tomatoes 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
1/22/24	1/23/24	1/24/24	1/25/24	1/26/24
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 Stick or Mini Corn Dogs Dinner Roll FEATURED VEGGIES Green Beans Cherry Tomatoes Choice of Fruit Choice of Milk	Smokey Mountain Chicken Patty on Kaiser Roll or Buffalo Chicken Dip with Tortilla Chips FEATURED VEGGIES Glazed Carrots Broccoli Salad Choice of Fruit Choice of Milk	Chicken Alfredo with Garlic Bread or BBQ Pork Sandwich on Bun FEATURED VEGGIES Baked Beans Creamy Cole Slaw 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
1/29/24	1/30/24	1/31/24	2/1/24	2/2/24
Breakfast Bowl with Biscuit or Meatball Sub on Roll FEATURED VEGGIES Buttered Corn Garden Pasta Salad Choice of Fruit Choice of Milk	Chicken Quesadilla or Philly Cheese Steak on Roll FEATURED VEGGIES Mixed Vegetables Pico De Gallo Choice of Fruit Choice of Milk	Bomber Burger on a Kaiser or Buffalo Chicken and Cheddar on Flatbread FEATURED VEGGIES Baked Fries Cucumber Slices Choice of Fruit Choice of Milk	Baked Ziti with Garlic Knots or Sweet and Sour Chicken over Brown Rice FEATURED VEGGIES Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	Hot and Spicy Chicken Patty on a Bun or Cheeseburger Tater Tot Bowl with Dinner Roll FEATURED VEGGIES Seasoned Green Beans Chickpea Garden Salad Choice of Fruit Choice of Milk
2/5/24	2/6/23	2/7/24	2/8/24	2/9/24
French Toast Sticks with Sausage Links or Chicken Nuggets with Buttered Noodles FEATURED VEGGIES Green Peas 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 a 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 Buffalo Chicken Cheese Steak on Roll FEATURED VEGGIES Buttered Carrots Caesar Salad Choice of Fruit Choice of Milk	Hot and Spicy Chicken Patty on a Bun or Loaded Pierogies with Pretzel Stick FEATURED VEGGIES Seasoned Green Beans Cucumber Salad Choice of Fruit Choice of Milk