



February- March
2024

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 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

CHICKEN

Monday

2/12/24

1. Chicken Tenders with a Dinner Roll or
2. Hot Dog on a Bun

Featured Veggies:
Smiley Fries
Cole Slaw
Choice of Fruit
Choice of Milk

2/19/24



TACO

Tuesday

2/13/24

1. Chicken Tacos on Soft Shell Tortilla or
2. Sloppy Joe on a Bun

Featured Veggies:
Refried Beans
Cherry Tomatoes
Choice of Fruit
Choice of Milk

2/20/24

NO SCHOOL

PASTA

Wednesday

2/14/24

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

2/21/24

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

Breakfast for Lunch

Thursday

2/15/24

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

2/22/24

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

PIZZA

Friday

2/16/24

1. Cheese Pizza or
2. Mini Corn Dogs with Dinner Roll

Featured Veggies:
Mixed Vegetables
Cucumber Slices
Choice of Fruit
Choice of Milk

2/23/24

1. Stuffed Crust Pizza or
2. Fish Sticks with Dinner Roll

Featured Veggies:
Green Peas
Caesar Salad
Choice of Fruit
Choice of Milk

3/1/24

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

3/8/24

1. Cheese Pizza or
2. Fish Sticks with Dinner Roll

Featured Veggies:
Buttered Carrots
Sweet Pepper Sticks
Choice of Fruit
Choice of Milk

3/15/24

NO SCHOOL

3/22/24

1. Cheese Pizza or
2. Hot Dog on a Bun

Featured Veggies:
Buttered Corn
Spinach Salad
Choice of Fruit
Choice of Milk

3/4/24

1. Chicken in Gravy Over Waffles or
2. Meatball Sub on a Bun

Featured Veggies:
Buttered Corn
Broccoli Salad
Choice of Fruit
Choice of Milk

3/11/24

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

3/18/24

1. Chicken Nuggets with Pretzel Stick or
2. Mini Corn Dogs with Dinner Roll

Featured Veggies:
Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

3/5/24

1. Walking Taco Pretzel Sticks or
2. Chicken Tenders w/ Pretzel stick

Featured Veggies:
Refried Beans
Cherry Tomatoes
Choice of Fruit
Choice of Milk

3/12/24

1. Nachos Grande w/ Chicken or
2. Bacon Cheeseburger on a Bun

Featured Veggies:
Glazed Carrots
Cherry Tomatoes
Choice of Fruit
Choice of Milk

3/19/24

1. Beef Nachos over Tortilla Chips or
2. Mozzarella Sticks with Marinara

Featured Veggies:
Refried Beans
Cherry Tomatoes
Choice of Fruit
Choice of Milk

3/6/24

1. Chicken Alfredo with Garlic Knot or
2. Hot Dog on a Bun

Featured Veggies:
Steamed Broccoli
Cucumber Salad
Choice of Fruit
Choice of Milk

3/13/24

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

3/20/24

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

3/7/24

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

3/14/24

1. Pancakes with Sausage links or
2. Chicken Parmesan on a bun

Featured Veggies:
Mixed Vegetables
Baby Carrots
Choice of Fruit
Choice of Milk

3/21/24

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