

MAY 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 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.....

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

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USDA is an equal opportunity provider and employer.

Menu subject to change based on product availability

CHICKEN	TACO	PASTA	Breakfast for Lunch	PIZZA
Monday	Tuesday	Wednesday	Thursday	Friday
<b>5/6/24</b> 1. Chicken Tenders with a Dinner Roll or 2. Hot Dog on a Bun <b>Featured Veggies:</b> Smiley Fries Cole Slaw Choice of Fruit Choice of Milk	<b>5/7/24</b> 1. Chicken Tacos on Soft Shell Tortilla or 2. Sloppy Joe on a Bun <b>Featured Veggies:</b> Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	<b>5/8/24</b> 1. Baked Ziti with Garlic Bread or 2. Chicken and Cheese Patty on Bun <b>Featured Veggies:</b> Broccoli with Cheese Sauce Baby Carrots Choice of Fruit Choice of Milk	<b>5/9/24</b> 1. French Toast Stick with Sausage Links or 2. Chicken Nuggets with Dinner Roll <b>Featured Veggies:</b> Tater Tots Celery Sticks with Ranch Choice of Fruit Choice of Milk	<b>5/10/24</b> 1. Cheese Pizza or 2. Mini Corn Doas with Dinner Roll <b>Featured Veggies:</b> Golden Corn Cucumber Slices Choice of Fruit Choice of Milk
<b>5/13/24</b> 1. Chicken Tenders with Dinner Roll or 2. Hot Dog On a Bun <b>Featured Veggies:</b> Smiley Fries Celery Sticks Coice of Fruit Choice of Milk	<b>5/14/24</b> 1. Walking Taco w/ Pretzel Stick or 2. Chicken Nuggets w/ Pretzel Stick <b>Featured Veggies:</b> Mixed Vegetables Chickpea Salad Choice of Fruit Choice of Milk	<b>5/15/24</b> 1. Cheese Ravioli with Dinner Roll or 2. Cowboy Burger On a Bun <b>Featured Veggies:</b> Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk	<b>5/16/24</b> 1. Waffles with Sausage Patties or 2. BBQ Chicken and Cheese On Roll <b>Featured Veggies:</b> Buttered Corn Cherry Tomatoes Choice of Fruit Choice of Milk	<b>5/17/24</b> 1. Cheeseburger on a Bun or 2. Hot Dog with WG Roll <b>Featured Veggies:</b> Apple Slices Baby Carrots Choice of Fruit Choice of Milk
<b>5/20/24</b> 1. Chicken Patty on a Bun or 2. Toasted Cheese Sandwich w/ Tomato Soup <b>Featured Veggies:</b> Mixed Vegetables Garden Salad Choice of Fruit Choice of Milk	<b>5/21/24</b> 1. Beef Taco on Soft Shell or 2. BBQ Ribby on a bun <b>Featured Veggies:</b> Green Beans Cole Slaw Choice of Fruit Choice of Milk	<b>5/22/24</b> 1. Stuffed Shells with Garlic Bread or 2. Hot Dog on a Bun <b>Featured Veggies:</b> Baked Beans Baby Carrots Choice of Fruit Choice of Milk	<b>5/23/24</b> 1. Dutch Waffles with Sausage Patty or 2. Fish Sticks with Dinner Roll <b>Featured Veggies:</b> Broccoli Celery with Ranch Choice of Fruit Choice of Milk	<b>5/24/24</b> 
<b>5/27/24</b> 	<b>5/28/24</b> 1. Walking Taco Pretzel Sticks or 2. Chicken Tenders w/ Pretzel stick <b>Featured Veggies:</b> Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	<b>5/29/24</b> 1. Chicken Alfredo with Garlic Knot or 2. Hot Dog on a Bun <b>Featured Veggies:</b> Streamed Broccoli Cucumber Salad Choice of Fruit Choice of Milk	<b>5/30/24</b> <b>CHEF CHOICES</b> Choice of Milk	<b>5/31/24</b> <b>CHEF CHOICES</b> Choice of Milk
<b>6/3/24</b> <b>EARLY DISMISSAL</b>	<b>6/4/24</b> <b>EARLY DISMISSAL</b>	<b>6/5/24</b>	<b>6/6/24</b>	<b>6/7/24</b>
<b>6/10/24</b>	<b>6/11/24</b>	<b>6/12/24</b>	<b>6/13/24</b>	<b>6/14/24</b>