

# Palmerton High School and Junior High

## MAY 2024

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**5/6/2024**

**5/7/2024**

**5/8/2024**

**5/9/24**

**5/10/24**

**BREAKFAST MONDAYS**

Sausage Egg and Cheese on a Donut or Buffalo Chicken Dip with Tortilla Chips  
**FEATURED VEGGIES**  
 Tatar Tots  
 Baby Carrots  
 Choice of Fruit  
 Choice of Milk

**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**  
 Golden Corn  
 Cucumber Salad  
 Choice of Fruit  
 Choice of Milk

**PASTA THURSDAYS**

Pasta with Meatballs  
 Garlic Bread or Bacon Chicken Ranch on Flatbread  
**FEATURED VEGGIES**  
 Mixed Vegetables  
 Tomato and Mozzarella Salad  
 Choice of Fruit  
 Choice of Milk

**SPICY FRIDAY**

Hot & Spicy Chicken Patty on a Bun OR Cheeseburger Mashed Potato Bowl  
**FEATURED VEGGIES**  
 Buttered Corn  
 Baby Carrots  
 Choice of Fruit  
 Choice of Milk

**5/13/24**

**5/14/24**

**5/15/24**

**5/16/24**

**5/17/24**

French Toast Sticks with Sausage Links or Asian Seesame Chicken over Rice  
**FEATURED VEGGIES**  
 Steamed Broccoli  
 Baby Carrots  
 Choice of Fruit  
 Choice of Milk

Chicken Fajita on a 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

**5/20/24**

**5/21/24**

**5/22/24**

**5/23/24**

**5/24/24**

Sausage, Egg & Cheese on a Waffle or General TSO Chicken over Rice  
**FEATURED VEGGIES**  
 Steamed Broccoli  
 Baby Carrots  
 Choice of Fruit  
 Choice of Milk

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



**5/27/24**

**5/28/24**

**5/29/24**

**5/30/24**

**5/31/24**



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

**CHEFS CHOICES**  
 Choice of Milk

**CHEFS CHOICES**  
 Choice of Milk

**6/3/24**

**6/4/24**

**6/5/24**

**6/6/24**

**6/7/24**

**EARLY DISMISSAL**

**EARLY DISMISSAL**

**EARLY DISMISSAL**

**EARLY DISMISSAL**

**EARLY DISMISSAL**

**6/10/24**

**6/11/23**

**6/12/24**

**6/13/24**

**6/14/24**

**EARLY DISMISSAL**

**EARLY DISMISSAL**

**EARLY DISMISSAL**

**EARLY DISMISSAL**

**EARLY DISMISSAL**



**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 of product availability



**LUNCH PRICES:**

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

Edward Welch  
 610-826-3155 ext. 2218

[ewelch@palmerton.org](mailto:ewelch@palmerton.org)

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