

January- February 2025

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. Turkey and Cheese WK 2 & 4 & 6

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 \$2.95
Reduced \$.0
Adult-\$4.65

Edward Welch
Food Service Director
610-826-3155 Ext. 2218
ewelch@palmerton.org

CHICKEN	TACO	PASTA	Breakfast for Lunch	PIZZA
Monday	Tuesday	Wednesday	Thursday	Friday
<p>1/6/25 Popcorn Chicken with Roll or Hot Dog On a Bun Featured Veggies: Tatar Tots Cole Slaw Coice of Fruit Choice of Milk</p>	<p>1/7/25 Chicken Tacos on a Soft Tortilla or Sloppy Joe on a Bun Featured Veggies: Refried Beans Grape Tomatoes Choice of Fruit Choice of Milk</p>	<p>1/8/25 Baked Ziti with Garlic Bread or Chicken and Cheese Patty on a Bun Featured Veggies: Broccoli with Cheese Sauce Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>1/9/25 1.French Toast Sticks with Sausage Links or 2.Chicken Nuggets with a Pretzel Stick Featured Veggies: Tater Tots Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p>1/10/25 1. Cheese Pizza or 2. Mini Corn Dogs with Dinner Roll Featured Veggies: Glazed Carrots Caesar Salad Choice of Fruit Choice of Milk</p>
<p>1/13/25 1. Chicken Tenders with Pretzel Stick or 2.Cheese Burger on WVG Bun Featured Veggies: Smiley Fries Tomato and Mozzarella Salad Choice of Fruit Choice of Milk</p>	<p>1/14/25 1.Walking Taco with a Pretzel Stick or 2. Chicken Ranch BLT on Flatbread Featured Veggies: Green Peas Chickpea Salad Choice of Fruit Choice of Milk</p>	<p>1/15/25 1.Macaroni & Cheese Garlic Bread Stick or 2.Cowboy Burger On a Bun Featured Veggies: Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>1/16/25 1.Waffles with Sausage Patties or 2.BBQ Chicken and Cheese On a Roll Featured Veggies: Buttered Corn Baby Carrots Choice of Fruit Choice of Milk</p>	<p>1/17/25 1.Stuffed Crust Pizza or 2.Loaded Perogies with Pepperoni and Mozzarella Featured Veggies: Mixed Vegetables Spinach Salad Choice of Fruit Choice of Milk</p>
<p>1/20/25 </p>	<p>1/21/25 1. Beef Taco on Soft Shell or 2. BBQ Ribby on a bun Featured Veggies: Baked Beans Celery with Ranch Choice of Fruit Choice of Milk</p>	<p>1/22/25 1. Stuffed Shells with Garlic Bread or 2. Asian Sesame Chicken Over Rice Featured Veggies: Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>1/23/25 1. Dutch Waffles with Sausage Patty or 2. Popcorn Chicken with Goldfish Featured Veggies: Butternut Squash Cauliflower Salad Choice of Fruit Choice of Milk</p>	<p>1/24/25 1. Cheese Pizza Sticks with dipping sauce or 2. Mini Corn Dogs with Dinner Roll Featured Veggies: Green Beans Cucumber Salad Choice of Fruit Choice of Milk</p>
<p>1/27/25 Chicken in Gravy over Waffles or Meatball Sub on a Bun Featured Veggies: Buttered Corn Broccoli Salad Choice of Fruit Choice of Milk</p>	<p>1/28/25 Walking Taco Pretzel Sticks or Chicken Tenders w/ Pretzel stick Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>1/29/25 Chicken Alfredo with Garlic Knot or Hot Dog on a Bun Featured Veggies: Steamed Broccoli Cucumer Slices Choice of Fruit Choice of Milk</p>	<p>1/30/25 1. Pancake Sausage on a Stick or 2. Cheese Burger on a Bun Featured Veggies: Curly Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p>1/31/25 1. Pepperoni Pizza or 2. Fish Sticks w/ Dinner Roll Featured Veggies: Oven Browned Sweet Potato Sweet Pepper Sticks Choice of Fruit Choice of Milk</p>
<p>2/3/25 1. Chicken and Mashed Potato Bowl w/ Roll or 2. Hot Dog On a Bun Featured Veggies: Peas Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p>2/4/25 1. Nachos Grande w/ Chicken Over Nacho Chips or 2. Bacon Cheeseburger on a Bun Featured Veggies: Glazed Carrots Cherrry Tomatoes Choice of Fruit Choice of Milk</p>	<p>2/5/25 1. Cheesy Beef Macaroni with Dinner Roll or 2. Chicken Patty on a Bun Featured Veggies: Broccoli with Cheese Sauce Baby Carrots Choice of Fruit Choice of Milk</p>	<p>2/6/25 1. Sausage, Egg and Cheese on a Pancake or 2. Chicken Parmesan on a Bun Featured Veggies: Mixed Vegetables Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p>2/7/25 2. French Bread Pizza 2. Smothered Pierogis Bacon Cheddar Featured Veggies: Smiley Fries Cucumber Slices Choice of Fruit Choice of Milk</p>
<p>2/10/25 1. Chicken Nuggets Smiley Fries or 2. Hot Ham and Cheese on a Crossiant Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>2/11/25 1. Nachos Grande w/ Beef Over Nacho Chips or 2. Mozzarella Sticks with Marinara Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>2/12/25 1.Pasta with Meatballs Garlic Stick or 2. Chicken Patty On a Roll Featured Veggies: Mixed Vegetables Ceasar Salad Choice of Fruit Choice of Milk</p>	<p>2/13/25 1.French Toast Sticks with Sausage Links or 2 BBQ Rib Patty on a Bun Featured Veggies: Tater Tots Cole Slaw Choice of Fruit Choice of Milk</p>	<p>2/14/25 1. Cheese Pizza or 2. Mini Corn Dogs with Dinner Roll Featured Veggies: Steamed Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>

USDA is an equal opportunity provider and employer.
Menu subject to change based on product availability