

April - May 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 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.....



CHICKEN	TACO	PASTA	Breakfast for Lunch	PIZZA
<b>Monday</b> <b>3/31/25</b> 1. Popcorn Chicken W/ Roll or 2. Hot Dog on a WG Bun <b>Featured Veggies:</b> Tatar Tots Cole Slaw Choice of Fruit Choice of Milk	<b>Tuesday</b> <b>4/1/25</b> 1. Chicken Tacos on a Soft Shell Tortilla or 2. Sloppy Joe on a Bun <b>Featured Veggies:</b> Frefried Beans Grape Tomatoes Choice of Fruit Choice of Milk	<b>Wednesday</b> <b>4/2/25</b> 1. Baked Ziti with Garlic Bread or 2. Chicken and Cheese Patty on a Bun <b>Featured Veggies:</b> Broccoli with Cheese Sauce Cucumber Slices Choice of Fruit Choice of Milk	<b>Thursday</b> <b>4/3/25</b> 1. French Toast Sticks with Sausage Links or 2. Chicken Nuggets with a Pretzel Stick <b>Featured Veggies:</b> Tater Tots Celery Sticks with Ranch Choice of Fruit Choice of Milk	<b>Friday</b> <b>4/4/25</b> 1. Cheese Pizza or 2. Mini Corn Dogs with Dinner Roll <b>Featured Veggies:</b> Glazed Carrots Caesar Salad Choice of Fruit Choice of Milk
<b>4/7/25</b> 1. Chicken Tenders with Pretzel Stick or 2. Cheese Burger on WG Bun <b>Featured Veggies:</b> Smiley Fries Tomato and Mozzarella Salad Choice of Fruit Choice of Milk	<b>4/8/25</b> 1. Walking Taco with a Pretzel Stick or 2. Chicken Ranch BLT on Flatbread <b>Featured Veggies:</b> Green Peas Chickpea Salad Choice of Fruit Choice of Milk	<b>4/9/25</b> 1. Macaroni & Cheese Garlic Bread Stick or 2. Cowboy Burger On a Bun <b>Featured Veggies:</b> Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk	<b>4/10/25</b> 1. Waffles with Sausage Patties or 2. BBQ Chicken and Cheese On a Roll <b>Featured Veggies:</b> Buttered Corn Baby Carrots Choice of Fruit Choice of Milk	<b>4/11/25</b> 1. Stuffed Crust Pizza or 2. Loaded Perogies with Pepperoni and Mozzarella <b>Featured Veggies:</b> Mixed Vegetables Spinach Salad Choice of Fruit Choice of Milk
<b>4/14/25</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>4/15/25</b> 1. Beef Taco on Soft Shell or 2. BBQ Ribby on a bun <b>Featured Veggies:</b> Baked Beans Celery with Ranch Choice of Fruit Choice of Milk	<b>4/16/25</b> 1. Stuffed Shells with Garlic Bread or 2. Asian Sesame Chicken Over Rice <b>Featured Veggies:</b> Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	<b>4/17/25</b> 1. Dutch Waffles with Sausage Patty or 2. Popcorn Chicken with Goldfish <b>Featured Veggies:</b> Butternut Squash Cauliflower Salad Choice of Fruit Choice of Milk	<b>4/18/25</b> 
<b>4/21/25</b> 	<b>4/22/25</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>4/23/25</b> 1. Chicken Alfredo with Garlic Knot or 2. Hot Dog on a Bun <b>Featured Veggies:</b> Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	<b>4/24/25</b> 1. Pancake Sausage on a Stick or 2. Cheese Burger on a Bun <b>Featured Veggies:</b> Curly Fries Baby Carrots Choice of Fruit Choice of Milk	<b>4/25/25</b> 1. Pepperoni Pizza or 2. Fish Sticks w/ Dinner Roll <b>Featured Veggies:</b> Oven Browned Sweet Potato Sweet Pepper Sticks Choice of Fruit Choice of Milk
<b>4/28/25</b> 1. Chicken and Mashed Potato Bowl w/ Roll or 2. Hot Dog On a Bun <b>Featured Veggies:</b> Peas Chick Pea Salad Choice of Fruit Choice of Milk	<b>4/29/25</b> 1. Nachos Grande w/ Chicken Over Nacho Chips or 2. Bacon Cheeseburger on a Bun <b>Featured Veggies:</b> Glazed Carrots Cherry Tomatoes Choice of Fruit Choice of Milk	<b>4/30/25</b> 1. Cheesy Beef Macaroni with Dinner Roll or 2. Chicken Patty on a Bun <b>Featured Veggies:</b> Broccoli with Cheese Sauce Baby Carrots Choice of Fruit Choice of Milk	<b>5/1/25</b> 1. Sausage, Egg and Cheese on a Pancake or 2. Chicken Parmesan on a Bun <b>Featured Veggies:</b> Mixed Vegetables Celery Sticks with Ranch Choice of Fruit Choice of Milk	<b>5/2/25</b> <b>TEACHER IN SERVICE DAY</b>
<b>5/5/25</b> 1. Chicken Nuggets w/ WG Roll or 2. Hot Ham and Cheese on a Crossiant <b>Featured Veggies:</b> Smiley Fries Cucumber Slices Choice of Fruit Choice of Milk	<b>5/6/25</b> 1. Nachos Grande w/ Beef Over Nacho Chips or 2. Mozzarella Sticks with Marinara <b>Featured Veggies:</b> Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	<b>5/7/25</b> 1. Pasta with Meatballs Garlic Stick or 2. Chicken Patty On a Roll <b>Featured Veggies:</b> Mixed Vegetables Caesar Salad Choice of Fruit Choice of Milk	<b>5/8/25</b> 1. French Toast Sticks with Sausage Links or 2. BBQ Rib Patty on a Bun <b>Featured Veggies:</b> Tater Tots Cole Slaw Choice of Fruit Choice of Milk	<b>5/9/25</b> 1. Cheese Pizza or 2. Mini Corn Dogs with Dinner Roll <b>Featured Veggies:</b> Steamed Green Beans Baby Carrots Choice of Fruit Choice of Milk

Lunch Prices  
Student \$2.95  
Reduced \$.0  
Adult-\$4.65

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USDA is an equal opportunity provider and employer.

Menu subject to change based on product availability