



January - February 2023

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.....
QUEEN TANGERINE



CHICKEN	TACO	PASTA	Breakfast for Lunch	PIZZA
Monday	Tuesday	Wednesday	Thursday	Friday
1/2/23 1. Chicken Mash Potato Bowl with Roll or 2. Hot Dog on a Bun Featured Veggies: Buttered Corn Cucumber Slices Choice of Fruit Choice of Milk	1/3/23 1. Beef Taco on Soft Shell Tortilla or 2. Chicken Nugget with Pretzel Stick Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	1/4/23 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	1/5/23 1. French Toast Stick with Sausage Links or Sloppy Joe on Bun Featured Veggies: Tater Tots Celery Sticks with Ranch Choice of Fruit Choice of Milk	1/6/23 1. Cheese Pizza or Fish Sandwich on a Bun Featured Veggies: Mixed Vegetables Chickpea Salad Choice of Fruit Choice of Milk
1/9/23 1. Chicken Patty on Bun or 2. Toasted Cheese Sandwich and Tomato Soup Featured Veggies: Green Beans Baby Carrots Choice of Fruit Choice of Milk	1/10/23 1. Walking Taco Pretzel Stick or 2. Chicken Nuggets with Pretzel Stick Featured Veggies: Mixed Vegetables Chickpea Salad Choice of Fruit Choice of Milk	1/11/23 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	1/12/23 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	1/13/23 1. Stuffed Crust Pizza or 2. Loaded Pierogies with Pepperoni and Mozzarella Featured Veggies: Green Peas Caesar Salad Choice of Fruit Choice of Milk
1/16/23 NO SCHOOL	1/17/23 1. Turkey Taco on Soft Shell or 2. BBQ Ribby on a bun Featured Veggies: Green Beans Cherry Tomatoes Choice of Fruit Choice of Milk	1/18/23 1. Stuffed Shells with Garlic Bread or 2. Hot Dog on a Bun Featured Veggies: Baked Beans Coleslaw Choice of Fruit Choice of Milk	1/19/23 1. Dutch Waffles with Sausage Patty or 2. Fish Sticks with Dinner Roll Featured Veggies: Broccoli Celery with Ranch Choice of Fruit Choice of Milk	1/20/23 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
1/23/23 Sweet and Sour Chicken over Brown Rice or Meatball Sub on a Bun Featured Veggies: Buttered Corn Broccoli Salad Choice of Fruit Choice of Milk	1/24/23 Walking Taco Pretzel Sticks or Chicken Tenders w/ Pretzel stick Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	1/25/23 Chicken Alfredo with Garlic Knot or Hot Dog on a Bun Featured Veggies: Streamed Broccoli Cucumber Salad Choice of Fruit Choice of Milk	1/26/23 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	1/27/23 1. Pepperoni Pizza or 2. Chicken Nuggets w/ Dinner Roll Featured Veggies: Buttered Carrots Sweet Pepper Sticks Choice of Fruit Choice of Milk
1/30/23 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	1/31/23 1. Nachos Grande w/ Chicken or 2. Bacon Cheeseburger on a Bun Featured Veggies: Glazed Carrots Cherry Tomatoes Choice of Fruit Choice of Milk	2/1/23 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	2/2/23 1. Pancakes with Sausage links or 2. Chicken Parmesan on a bun Featured Veggies: Mixed Vegetables Baby Carrots Choice of Fruit Choice of Milk	2/3/23 1. French Bread Pizza or 2. Smothered Pierogies with Bacon and Cheddar Featured Veggies: Green Beans Caesar Salad Choice of Fruit Choice of Milk
2/6/23 1. General Tso Chicken over Brown Rice or 2. Mini Corn Dogs with Dinner Roll Featured Veggies: Broccoli Baby Carrots Choice of Fruit Choice of Milk	2/7/23 1. Beef Nachos over Tortilla Chips or 2. Mozzarella Sticks with Marinara Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	2/8/23 1. Beef 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	2/9/23 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	2/10/23 1. Cheese Pizza or 2. Hot Dog on a Bun Featured Veggies: Buttered Corn Spinach Salad Choice of Fruit Choice of Milk

Lunch Prices
Student \$2.85
Reduced \$4.00
Adult-\$4.00

Rose Levan

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USDA is an equal opportunity provider and employer.

Menu subject to change based on product availability