

September-October 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. 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
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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
9/2/24 HAPPY LABOR DAY	9/3/24	9/4/24	9/5/24	9/6/24
9/9/24 1. Chicken Tenders with Pretzel Stick or 2. Cheese Burger on W/G Bun Featured Veggies: Smiley Fries Tomato and Mozzarella Salad Choice of Fruit Choice of Milk	9/10/24 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	9/11/24 1. Stuffed Shells Garlic Bread Stick or 2. Cowboy Burger On a Bun Featured Veggies: Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk	9/12/24 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	9/13/24 1. Stuffed Crust Pizza or 2. Loaded Pierogies with Pepperoni and Mozzarella Featured Veggies: Mixed Vegetables Spinach Salad Choice of Fruit Choice of Milk
9/16/24 1. Chicken Patty On a Bun or 2. Toasted Cheese Sandwich w/ Tomato Soup Featured Veggies: Mixed Vegetables Garden Salad Choice of Fruit Choice of Milk	9/17/24 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	9/18/24 1. Macaroni & Cheese with Garlic Bread or 2. Asian Sesame Chicken Over Rice Featured Veggies: Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	9/19/24 1. Dutch Waffles with Sausage Patty or 2. Popcorn Chicken with Goldfish Featured Veggies: Butternut Squash Cauliflower Salad Choice of Fruit Choice of Milk	9/20/24 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
9/23/24 Chicken in Gravy Over Waffles or Meatball Sub on a Bun Featured Veggies: Buttered Corn Broccoli Salad Choice of Fruit Choice of Milk	9/24/24 Walking Taco Pretzel Sticks or Chicken Tenders w/ Pretzel stick Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	9/25/24 Chicken Alfredo with Garlic Knot or Hot Dog on a Bun Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	9/26/24 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	9/27/24 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
9/30/24 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	10/1/24 1. Nachos Grande w/ Chicken Over Nacho Chips or 2. Bacon Cheeseburger on a Bun Featured Veggies: Glazed Carrots Cherry Tomatoes Choice of Fruit Choice of Milk	10/2/24 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	10/3/24 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	10/4/24 2. French Bread Pizza 2. Smothered Pierogis Bacon Cheddar Featured Veggies: Smiley Fries Cucumber Slices Choice of Fruit Choice of Milk
10/7/24 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	10/8/24 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	10/9/24 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	10/10/24 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	10/11/24 1. Cheese Pizza or 2. Mini Corn Dogs with Dinner Roll Featured Veggies: Steamed Green Beans Baby Carrots Choice of Fruit Choice of Milk