

October - November 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.....



CHICKEN	TACO	PASTA	Breakfast for Lunch	PIZZA
Monday	Tuesday	Wednesday	Thursday	Friday
10/14/24 TEACHER IN-SERVICE DAY	10/15/24 1. Chicken Tacos On a Soft Tortilla or 2. Sloppy Joe on a Bun Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	10/16/24 1. Baked Ziti with Garlic Bread or 2. Chicken and Cheese Patty on Bun Featured Veggies: Broccoli w/ Cheese Sauce Fresh Cucumber Slices Choice of Fruit Choice of Milk	10/17/24 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	10/18/24 1. Cheese Pizza or 2. Mini Corn Dogs with Dinner Roll Featured Veggies: Glazed Carrots Caesar Salad Choice of Fruit Choice of Milk
10/21/24 1. Chicken Tenders with Pretzel Stick or 2. Cheese Burger on WG Bun Featured Veggies: Smiley Fries Tomato and Mozzarella Salad Choice of Fruit Choice of Milk	10/22/24 1. Walking Taco with a Pretzel Stick or 2. Philly Cheesesteak on a WG Bun Featured Veggies: Buttered Corn Chickpea Salad Choice of Fruit Choice of Milk	10/23/24 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	10/24/24 1. Waffles with Sausage Patties or 2. BBQ Chicken and Cheese on a Roll Featured Veggies: Hash Brown Baby Carrots Choice of Fruit Choice of Milk	10/25/24 1. Stuffed Crust Pizza or 2. Loaded Pierogies with Pepperoni and Mozzarella Featured Veggies: Mixed Vegetables Spinach Salad Choice of Fruit Choice of Milk
10/28/24 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	10/29/24 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	10/30/24 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	10/31/24 1. Dutch Waffles with Sausage Patty or 2. Popcorn Chicken with Goldfish Featured Veggies: Buttered Corn Cauliflower Salad Choice of Fruit Choice of Milk	11/1/24 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
11/4/24 Chicken in Gravy Over Waffles or Meatball Sub on a Bun Featured Veggies: Buttered Corn Broccoli Salad Choice of Fruit Choice of Milk	11/5/24 Walking Taco Pretzel Sticks or Chicken Tenders w/ Pretzel stick Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	11/6/24 Chicken Alfredo with Garlic Knot or Hot Dog on a Bun Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	11/7/24 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	11/8/24 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
11/11/24 1. Popcorn Chicken w/ Mashed Potato & Roll or 2. Hot Dog on a Bun Featured Veggies: Peas Chick Pea Salad Choice of Fruit Choice of Milk	11/12/24 1. Beef Tacos On Hard Shells or 2. Bacon Cheeseburger on a Bun Featured Veggies: Glazed Carrots Cherry Tomatoes Choice of Fruit Choice of Milk	11/13/24 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	11/14/24 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	11/15/24 2. French Bread Pizza 2. Smothered Pierogis Bacon Cheddar Featured Veggies: Smiley Fries Cucumber Slices Choice of Fruit Choice of Milk
11/18/24 1. Chicken Nuggets or 2. Hot Ham and Cheese on a Croissant Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	11/19/24 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	11/20/24 1. Pasta with Meatballs Garlic Stick or 2. Chicken Patty on a Roll Featured Veggies: Mixed Vegetables Caesar Salad Choice of Fruit Choice of Milk	11/21/24 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	11/22/24 1. Cheese Pizza or 2. Mini Corn Dogs with Dinner Roll Featured Veggies: Steamed Green Beans Baby Carrots Choice of Fruit Choice of Milk

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