

Palmerton High School and Junior High

October - November 2024



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

Leave Your Lunch at Home

Daily entrée options may include:

- Cheese Burger on a Bun
- Chicken Patty on a Bun
- Cheese or Pepperoni Pizza
- Specialty Pizza

Daily

Salads

Vegetable Garden Salad with Roll

Chef Salad with Roll

Crispy Buffalo Chicken Salad with Roll

Sandwiches

Crispy Buffalo Chicken Wrap

Italian Hoagie

Chicken Bacon Ranch Wrap

Menu is subject to change based on product availability

MONDAY

10/14/24

GE BREAKFAST MONDAYS

TEACHER IN-SERVICE

TUESDAY

10/15/24

TACO TUESDAYS

Beef Tacos with Flour Tortillas or Popcorn Chicken with Dinner Roll
FEATURED VEGGIES
Green Beans
Baby Carrots
Choice of Fruit
Choice of Milk

WEDNESDAY

10/16/24

GRILL

Sweet n Sour Meatballs with Rice or Toasted Cheese Sandwich
Tomato Soup
FEATURED VEGGIES
Mixed Vegetables
Cucumber Salad
Choice of Fruit
Choice of Milk

THURSDAY

10/17/24

PASTA THURSDAYS

Cheese Ravioli
Garlic Bread or Bacon, Chicken Ranch on Flatbread
FEATURED VEGGIES
Tomato & Mozzarella Salad
Peas
Choice of Fruit
Choice of Milk

FRIDAY

10/18/24

SPICY FRIDAY

Hot & Spicy Chicken Patty on a Bun or Cheeseburger Tater Tot Bowl with Dinner Roll
FEATURED VEGGIES
Buttered Corn
Baby Carrots
Choice of Fruit
Choice of Milk

10/21/24

Waffle Bar with Sausage Patty or General Tso Chicken over Rice
FEATURED VEGGIES
Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

10/22/24

Beef Nachos on Tortilla Chips or Chicken Pot Pie
FEATURED VEGGIES
Peas
Chicken pea salad
Choice of Fruit
Choice of Milk

10/23/24

Pizza burger on Bun or Buffalo Chicken Nuggets with Dinner Roll
FEATURED VEGGIES
Baked Fries
Tomato & Cucumber Salad
Choice of Fruit
Choice of Milk

10/24/24

Pasta with Meatballs with Garlic Stick or BBQ Ribby on Roll
FEATURED VEGGIES
Mixed Vegetables
Cole Slaw
Choice of Fruit
Choice of Milk

10/25/24

Hot & Spicy Chicken Patty on a Bun or Chicken Lo Mein Bowl
FEATURED VEGGIES
Buttered Corn
Broccoli Salad
Choice of Fruit
Choice of Milk

10/28/24

Sausage, Egg and Cheese on a Waffle or Sirachi Chicken Toast over Rice
FEATURED VEGGIES
Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

10/29/24

Mexican Lasagna or Hot Ham and Cheese on Pretzel Roll
FEATURED VEGGIES
Refried Beans
Cucumber Slices
Choice of Fruit
Choice of Milk

10/30/24

Wing Bar
Choice of Sauces with Pretzel Roll
FEATURED VEGGIES
Baked Fries
Celery Stick with Ranch
Choice of Fruit
Choice of Milk

10/31/24

Macaroni and Cheese with Dinner Roll or Chicken Parmesan Sandwich
FEATURED VEGGIES
Buttered Corn
Tomato and Mozzarella Salad
Choice of Fruit
Choice of Milk

11/1/24

Hot & Spicy Chicken Patty on a Bun or Loaded Tater Tot Bowl with Corn Bread
FEATURED VEGGIES
Mixed Vegetables
Pasta Salad
Choice of Fruit
Choice of Milk

11/4/24

Dutch Waffle with Sausage Links or Chicken Cordon Bleu on Flatbread
FEATURED VEGGIES
Mashed Potatoes
Cucumber Slices
Choice of Fruit
Choice of Milk

11/5/24

Walking Taco w/ Pretzel Roll or Mini Corn Dogs with Pretzel Roll
FEATURED VEGGIES
Green Beans
Cherry Tomatoes
Choice of Fruit
Choice of Milk

11/6/24

Smokey Mountain Chicken Patty on Kaiser Roll or Buffalo Chicken Dip with Tortilla Chips
FEATURED VEGGIES
Glazed Carrots
Broccoli Salad
Choice of Fruit
Choice of Milk

11/7/24

Lasagna with Garlic Bread or BBQ Pork Sandwich on Bun
FEATURED VEGGIES
Baked Beans
Bruschetta
Choice of Fruit
Choice of Milk

11/8/24

Hot & Spicy Chicken Patty on a Bun or Chicken Mash Potato Bowl with Dinner Roll
FEATURED VEGGIES
Buttered Corn
Baby Carrots
Choice of Fruit
Choice of Milk

11/11/24

Breakfast Bowl with Biscuit or Meatball Sub on Roll
FEATURED VEGGIES
Buttered Corn
Three Bean Salad
Choice of Fruit
Choice of Milk

11/12/24

Chicken Quesadilla on Soft Shell Tortilla or Philly Cheese Steak on Roll
FEATURED VEGGIES
Mixed Vegetables
Pico De Gallo
Choice of Fruit
Choice of Milk

11/13/24

Bomber Burger on Bun or Buffalo Chicken and Cheddar on Flatbread
FEATURED VEGGIES
Tator Tots
Cucumber Slices
Choice of Fruit
Choice of Milk

11/14/24

Chicken Alfredo with Garlic Knots or Sweet and Sour Chicken over Brown Rice
FEATURED VEGGIES
Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

11/15/24

Hot & Spicy Chicken Patty on a Bun or Loaded Perogies with Bacon and Cheddar
FEATURED VEGGIES
Glazed Carrots
Celery Stick with Ranch
Choice of Fruit
Choice of Milk

11/18/24

French Toast Sticks with Sausage Links or Chicken Nuggets with Buttered Noodles
FEATURED VEGGIES
Green Peas
Chocolate Hummus
Choice of Fruit
Choice of Milk

11/19/24

Southwest Bowl Over Brown Rice or Sloppy Joe on WG Bun
FEATURED VEGGIES
Southwest Corn
Black Bean & Corn Salsa
Choice of Fruit
Choice of Milk

11/20/24

Cowboy Burger on Bun or Asian Sesame Chicken over Brown Rice
FEATURED VEGGIES
Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

11/21/24

Stuffed Shells with Garlic Bread or Ranchero Toaster on Roll
FEATURED VEGGIES
Buttered Carrots
Caesar Salad
Choice of Fruit
Choice of Milk

11/22/24

Hot & Spicy Chicken Patty on a Bun or Loaded Fries with Pretzel Stick
FEATURED VEGGIES
Seasoned Green Beans
Cucumber Salad
Choice of Fruit
Choice of Milk

LUNCH PRICES:

- Free- 0.00
- Reduced - 0.40
- Paid -\$3.05
- Adult \$4.65

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