

November - December 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
11/25/24 Early Dismissal	11/26/24 Early Dismissal	11/27/24 Early Dismissal	11/28/24 	11/29/24 NO SCHOOL
12/2/24 NO SCHOOL	12/3/24 1. Walking Taco with a Pretzel Stick or 2. Philly Cheesesteak on a WG Roll Featured Veggies: Buttered Corn Chickpea Salad Choice of Fruit Choice of Milk	12/4/24 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	12/5/24 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	12/6/24 1. Stuffed Crust Pizza or 2. Loaded Perogies with Pepperoni and Mozzarella Featured Veggies: Mixed Vegetables Spinach Salad Choice of Fruit Choice of Milk
12/9/24 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	12/10/24 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	12/11/24 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	12/12/24 1. Dutch Waffles with Sausage Patty or 2. Popcorn Chicken with Goldfish Featured Veggies: Buttered Corn Cauliflower Salad Choice of Fruit Choice of Milk	12/13/24 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
12/16/24 Chicken in Gravy Over Waffles or Meatball Sub on a Bun Featured Veggies: Buttered Corn Broccoli Salad Choice of Fruit Choice of Milk	12/17/24 Walking Taco Pretzel Sticks or Chicken Tenders w/ Pretzel stick Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	12/18/24 Chicken Alfredo with Garlic Knot or Hot Dog on a Bun Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	12/19/24 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	12/20/24 EARLY DISMISSAL
12/23/24 	12/24/24 	12/25/24 	12/26/24 	12/27/24 
12/30/24 	12/31/24 	1/1/25 	1/2/25 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	1/3/25 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