

Palmerton High School and Junior High Lunch

APRIL-MAY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3/30/26

3/31/26

4/1/26

4/2/26

4/3/26

GE BREAKFAST MONDAYS
Sausage Egg and Cheese
on a Donut
or
Buffalo Chicken Dip
w/ Tortilla Chips
FEATURED VEGGIES
Tatar Tots
Baby Carrots
Choice of Fruit
Choice of Milk

TACO TUESDAYS
Beef Tacos
w/ Flour Tortillas
or
Popcorn Chicken
w/ Dinner Roll
FEATURED VEGGIES
Green Beans
Black Bean and Corn Salsa
Choice of Fruit
Choice of Milk

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

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

SPICY FRIDAY


4/6/26

4/7/26

4/8/26

4/9/26

4/10/26



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

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

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

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

4/13/26

4/14/26

4/15/26

4/16/26

4/17/26

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

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

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

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

Hot & Spicy Chicken Patty
on a Bun
or
Loaded TaterTot Bowl
with Dinner Roll
FEATURED VEGGIES
Mixed Vegetables
Pasta Salad
Choice of Fruit
Choice of Milk

4/20/26

4/21/26

4/22/26

4/23/26

4/24/26

Dutch Waffle
with Sausage Links
or
Chicken Cordon Blue
on Flatbread
FEATURED VEGGIES
Tater Tots
Cucumber Slices
Choice of Fruit
Choice of Milk

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

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

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

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

4/27/26

4/28/26

4/29/26

4/30/26

5/1/26

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

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

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

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



5/4/26

5/5/26

5/6/26

5/7/26

5/8/26

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

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

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

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

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



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

LUNCH PRICES:

Free- 0.00
Reduced - 0.00
Paid -\$3.25
Adult \$4.85

Ed Welch
610-826-3155 ext. 2218
ewelch@palmerton.org

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