

MAY -JUNE 2026

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
5/11/26 1. Popcorn Chicken W/ Roll or 2. Hot Dog on a WG Bun Featured Veggies: Tatar Tots Cole Slaw Choice of Fruit Choice of Milk	5/12/26 1. Chicken Tacos on a Soft Shell Tortilla or 2. Sloppy Joe on a Bun Featured Veggies: Refried Beans Grape Tomatoes Choice of Fruit Choice of Milk	5/13/26 1. Baked Ziti with Garlic Bread or 2. Chicken and Cheese Patty on a Bun Featured Veggies: Broccoli with Cheese Sauce Cucumber Slices Choice of Fruit Choice of Milk	5/14/26 1. French Toast Sticks with Sausage Links or 2. Chicken Parmesan on a bun Featured Veggies: Tater Tots Celery Sticks with Ranch Choice of Fruit Choice of Milk	5/15/26 1. Cheese Pizza or Mini Corn Dogs with Dinner Roll Featured Veggies: Glazed Carrots Caesar Salad Choice of Fruit Choice of Milk
5/18/26 1. Chicken Tenders with Pretzel Stick or 2. Cheeseburger on WG Bun Featured Veggies: Smiley Fries Tomato Mozzarella Salad Choice of Fruit Choice of Milk	5/19/26 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	5/20/26 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	5/21/26 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	5/22/26 
5/25/26 	5/26/26 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	5/27/26 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	5/28/26 1. Dutch Waffles with Sausage Patty or 2. Popcorn Chicken with Goldfish Featured Veggies: Green Beans Cauliflower Salad Choice of Fruit Choice of Milk	5/29/26 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
6/1/26 1. Chefs Choice or 2. Chefs Choice Featured Veggies: Buttered Corn Broccoli Salad Choice of Fruit Choice of Milk	6/2/26 1. Chefs Choice or 2. Chefs Choice Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	6/3/26 1. Chiefs Choice or 2. Chefs Choice Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	6/4/26	6/5/26
6/8/26	6/9/26	6/10/26	6/11/26	6/12/26
6/15/26	6/16/26	6/17/26	6/18/26	6/19/26

Lunch Prices
Student \$3.15
Reduced \$.0
Adult-\$4.85

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USDA is an equal opportunity provider and employer.
Menu subject to change based on product availability