

**Penn Manor School District  
FEBRUARY 2018-MARCH 2018  
Elementary Menu**

Dear Parents: Penn Manor School District offers mySchoolBucks, a convenient online service that allows you to securely pay for your student(s) meals online using your credit/debit card or electronic check. You can: (1) set up recurring payments, (2) track and review meal purchase history, (3) create low balance alerts, (4) and more! Sign up now! Registering for your FREE account is easy, go to [www.mySchoolBucks.com](http://www.mySchoolBucks.com). Create a secure account and never worry again about sending cash or checks with your student(s) to school again.

<b>Elementary Menu</b> MENUS SUBJECT TO CHANGE	Elem. Lunch - \$2.35 Sec. Lunch: \$2.50/\$3.50/\$3.50/\$3.75 Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.75/\$4.50	<b>WHAT MAKES A MEAL:</b> Choose three of five components *Protein, Milk, Grain, Fruit & Veggies one of which must be 1/2c fruit or 1/2c veggies for a reimbursable lunch.	We welcome your comments, questions and suggestions. Contact the Food Services Department: Food Services - 872-9500 ext. 2228	
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
ENJOY	A	HEALTHY	LUNCH	TODAY
<b>February 12, 2018</b>	<b>February 13, 2018</b>	<b>February 14, 2018</b>	<b>February 15, 2018</b>	<b>February 16, 2018</b>
French Toast Sticks w / Syrup Tender Sausage Patty Red Pepper Strips w/Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Grilled Cheese Sandwich Tomato Soup Baby Carrots & dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Hamburger on a Bun Golden Potato Rounds Baked Beans Assorted Fruit Choice of Milk	Chicken Tenders Fluffy Whipped Potatoes Steamed Green Beans Dinner Roll Assorted Fruit Choice of Milk	Italian Cheese Pizza California Blend Vegetables Romaine Lettuce Salad Assorted Fruit Choice of Milk
<b>B Lunch: Cold Deli Sandwich</b> February 19, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b> February 20, 2018	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b> February 21, 2018	<b>B Lunch: Cold Deli Sandwich</b> February 22, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b> February 23, 2018
<b>NO SCHOOL-HOLIDAY</b>	Walking Tacos Lettuce & Tomato Steamed Corn Refried Beans Assorted Fruit Choice of Milk	Pizza Sticks w / Dipping Sauce Green Beans Tossed Salad/Tomatoes Chilled Fruit Juice Assorted Fruit Choice of Milk	Pasta w/sauce Tossed Salad Dinner Roll Chilled Fruit Juice Assorted Fruit Choice of Milk	French Bread Pizza Baby Carrots Celery Sticks w / Dip Sidekick Fruit Slush Assorted Fruit Choice of Milk
<b>B Lunch: Hot Dog / Roll</b> February 26, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b> February 27, 2018	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b> February 28, 2018	<b>B Lunch: Hot Dog / Roll</b> March 1, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b> March 2, 2018
Chicken Bites Baked Macaroni & Cheese Steamed Broccoli Baby Carrots w / Dip Assorted Fruit Choice of Milk	<b>FLEX DAY</b> Managers Choice Choice of Veggie Assorted Fruit Choice of Milk	Brunch for Lunch Sausage Patty Steamed Corn Chilled Fruit Juice Assorted Fruit Choice of Milk	Grilled Cheese Sandwich Tomato Soup Romaine Lettuce Salad Assorted Fruit Choice of Milk	Italian Cheese Pizza Steamed Green Beans Goldfish Crackers Assorted Fruit Choice of Milk
<b>B Lunch: Hamburger / Roll</b> March 5, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b> March 6, 2018	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese</b> March 7, 2018	<b>B Lunch: Hamburger / Roll</b> March 8, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b> March 9, 2018
Popcorn Chicken Oven Brown Potatoes Steamed Peas Assorted Fruit Chilled Fruit Juice Choice of Milk	Hot Dog w/roll French Fries Baked Beans Sidekick Fruit Slush Assorted Fruit Choice of Milk	Hot Ham & Cheese Sandwich Baked Chips Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Tangy Tacos w / Lettuce & Tomato Baked Potato Corn Assorted Fruit Choice of Milk	French Bread Pizza Steamed Broccoli Celery Sticks w / Dip Pudding Cup Choice of Milk
<b>B Lunch: Chicken Patty / Roll</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>	<b>MENUS ARE ALSO ON THE SCHOOL DISTRICT'S WEBSITE - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b>	

Assorted A La Carte items available at \$.75 each

**\*\* S Lunch: Chef Salad Available Every Wednesday Only \*\***

Parents are encouraged to purchase for their child pre-paid meals!  
(Please write your child's first & last name on your check when purchasing a meal ticket!)

Please make checks payable: **Penn Manor Food Services**

**Yogurt & String Cheese - D Lunch Nutritional Information:**  
Calories - 190, Fat - 7 grams

**\*\* Contains Peanuts And / Or Nuts \*\***

**THERE IS A \$35.00 BANK CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS, CLOSED ACCOUNTS, ETC.**

Meal tickets can now be used to purchase breakfast, lunches, and ala carte items.

**IN ACCORDANCE WITH FEDERAL LAW AND U.S. DEPARTMENT OF AGRICULTURE POLICY, THIS INSTITUTION IS PROHIBITED FROM DISCRIMINATING ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, AGE OR DISABILITY. TO FILE A COMPLAINT OF DISCRIMINATION, WRITE USDA, DIRECTOR, OFFICE OF CIVIL RIGHTS, ROOM 326-W, WHITTEN BUILDING, 1400 INDEPENDENCE AVENUE, SW, WASHINGTON, D.C. 20250-9410 OR CALL (202) 720-5964 (VOICE AND TDD). USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.**