

**Penn Manor School District  
FEBRUARY 2018-MARCH 2018  
High School 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.

**Hot Alternatives:**  
Bacon  
Cheeseburger,  
Hamburger, BBQ  
Chicken Sandwich,  
Chicken Filet, BLT,  
Boneless Wings,  
Meatball Hoagie,  
Steak Sandwich  
**Cold Alternatives:**  
Sweet Bologna  
Sandwich, Turkey  
Sandwich, Ham &  
Cheese Sandwich,  
PBJ, Turkey  
&Cheese  
Hoagie,Ham&  
CheeseHoagie,  
American Hoagie,  
Ham &Cheese  
Wrap, Turkey or  
Tuna Wrap,  
**Salad Bar  
Items:(subject to  
change upon  
availability)**  
Spring Mix, Salad  
mix, Spinach, Red  
Beets, Chick  
Peas,Green/ Black  
Olives, Tomatoes,  
Peas, Celery,  
Pickles,  
Cucumbers,  
Red/Green  
Peppers, Onions,  
Broccoli, Carrots,  
Mushrooms,  
Green&Yellow  
Squash,  
Macaroni/Potato  
Salad, Broccoli  
Salad, Tuna Salad,  
Diced Chicken,  
Diced Hard Boiled  
Eggs, Cottage  
Cheese, Shredded  
Mozzarella/Cheddar  
Cheese, Assorted  
Fruit, Assorted  
Light Dressings,  
WG Dinner Rolls,  
Croutons, WG  
Saltine Crackers,  
Butter, Bacon Bits

| <b>High School Menu</b><br>MENUS SUBJECT TO CHANGE   | <b>Elem. Lunch - \$2.35</b><br><b>Sec. Lunch:</b><br><b>\$2.50/\$3.50/\$3.50/\$3.75</b><br><b>Reduced Lunch - \$.40</b><br><b>Student Milk - \$.60</b><br><b>Adult Lunch- \$3.75/\$4.50</b> | <b>WHAT MAKES A MEAL:</b><br>Choose three of five components<br>*Protein, Milk, Grain, Fruit & Veggies<br>one of which must be 1/2c fruit or 1/2c veggies<br>for a reimbursable lunch. | We welcome your comments, questions and suggestions.<br>Contact the Food Services Department:<br>Food Services - 872-9500 ext. 2228  |   |
|--|---|--|--|---|
| <b>MONDAY</b>  | <b>TUESDAY</b>  | <b>WEDNESDAY</b>   | <b>THURSDAY</b>  | <b>FRIDAY</b>   |
| <b>ENJOY</b>   | <b>A</b>  | <b>HEALTHY</b>   | <b>LUNCH</b>   | <b>TODAY</b>  |
| <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>  |
| Hamburger / Roll<br>Golden Potato Rounds<br>Steamed Peas<br>Chilled Fruit Juice<br>Assorted Fruit<br>Choice of Milk                  | BBQ Chicken filet on a Roll<br>Baked Beans<br>Carrot Sticks w / Dip<br>French Fries<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk  | Grilled Cheese Sandwich<br>Tomato Soup<br>Tossed Salad/Cherry Tomatoes<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk  | Chicken Tenders<br>Fluffy Whipped Potatoes<br>Steamed Corn<br>Dinner Roll<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk | Italian Cheese Pizza<br>Red Pepper Strips/Dip<br>Romaine Lettuce Salad/Cherry Tomatoes<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk |
| <b>February 19, 2018</b>   | <b>February 20, 2018</b>  | <b>February 21, 2018</b>   | <b>February 22, 2018</b>   | <b>February 23, 2018</b>  |
| <b>NO SCHOOL-HOLIDAY</b>   | Chicken Fajitas<br>Lettuce & Tomato<br>Fiesta Rice<br>Steamed Corn<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk   | Big Daddy's Pizza<br>Sweet Potato Fries<br>Celery Sticks w / Dip<br>Ice Cream Cups<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk  | <b>Flex Day<br/>Managers Choice<br/>Sidekicks Fruit Slush</b>  | Steak Sandwich<br>French Fries<br>Tasty Baked Beans<br>Assorted Ice Cream<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk              |
| <b>February 26, 2018</b>   | <b>February 27, 2018</b>  | <b>February 28, 2018</b>   | <b>March 1, 2018</b>   | <b>March 2, 2018</b>  |
| Chicken Nuggets<br>Fluffy Whipped Potatoes<br>Steamed Corn<br>Dinner Roll<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk | Sloppy Joes<br>Oven brown Potatoes<br>Red Pepper Strips/Dip<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk  | Pizza Sticks w / Dipping Sauce<br>Glazed Carrots<br>Sidekicks Fruit Slush<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk   | Breaded Chicken Patty on a Roll<br>Cole Slaw<br>French Fries<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk              | Italian Cheese Pizza<br>Steamed Green Beans<br>Sidekicks Fruit Slush<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk                   |
| <b>March 5, 2018</b>   | <b>March 6, 2018</b>  | <b>March 7, 2018</b>   | <b>March 8, 2018</b>   | <b>March 9, 2018</b>  |
| Hot Ham & Cheese on a Pretzel Roll<br>Baked Chips<br>Steamed Green Beans<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk  | Popcorn Chicken<br>Fluffy Whipped Potatoes<br>Steamed Corn<br>Dinner Roll<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk  | Big Daddy's Pizza<br>Sweet Potato Fries<br>Celery Sticks w / Dip<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk  | Tangy Tacos w /<br>Lettuce & Tomato<br>Fiesta Rice<br>Refried Beans<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk       | Hot Dog w/Roll<br>Baked Macaroni & Cheese<br>Relish tray<br>Ice Cream Cups<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk             |

**MENUS ARE NOW ON THE INTERNET - [www.pennmanor.net](http://www.pennmanor.net)**

Parents are encouraged to purchase for their child pre-paid meals!

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

(Please write your child's first & last name on your check when purchasing a meal ticket!)  
Please make checks payable: **Penn Manor Food Services**

Soup & Salad Bar available daily - \$3.75

**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.**

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