

**Penn Manor School District
FEBRUARY 2018-MARCH 2018
Middle 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. Create a secure account and never worry again about sending cash or checks with your student(s) to school again.

Middle Schools Menu MENUS SUBJECT TO CHANGE	Elem. Lunch - \$2.35	WHAT MAKES A MEAL:		
	Sec. Lunch: \$2.50/\$3.50/\$3.50/\$3.75 Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.75/\$4.50	Choose three of five components *Protein, Milk, Grain, Fruit & Veggies <small>one of which must be 1/2c fruit or 1/2c veggies</small> for a reimbursable lunch.	We welcome your comments, questions and suggestions. Contact the Food Services Department: Food Services - 872-9500 ext. 2228	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENJOY	A	HEALTHY	LUNCH	TODAY
February 12, 2018	February 13, 2018	February 14, 2018	February 15, 2018	February 16, 2018
Hamburger / Roll Golden Potato Rounds Steamed Peas Chilled Fruit Juice Assorted Fruit Choice of Milk	BBQ Chicken filet on a Roll Baked Beans Carrot Sticks w / Dip French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	Grilled Cheese Sandwich Tomato Soup Tossed Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Tenders Fluffy Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Red Pepper Strips/Dip Romaine Lettuce Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk
February 19, 2018	February 20, 2018	February 21, 2018	February 22, 2018	February 23, 2018
NO SCHOOL-HOLIDAY	Chicken Fajitas Lettuce & Tomato Fiesta Rice Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Steak Sandwich French Fries Baked Beans Assorted Ice Cream Assorted Fruit Chilled Fruit Juice Choice of Milk	Flex Day Managers Choice Sidekicks Fruit Slush	Big Daddy's Pizza Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk
February 26, 2018	February 27, 2018	February 28, 2018	March 1, 2018	March 2, 2018
Chicken Nuggets Fluffy Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Sloppy Joes Oven brown Potatoes Red Pepper Strips/Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Sticks w / Dipping Sauce Glazed Carrots Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk	Breaded Chicken Patty on a Roll Cole Slaw French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Steamed Green Beans Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk
March 5, 2018	March 6, 2018	March 7, 2018	March 8, 2018	March 9, 2018
Hot Ham & Cheese on a Pretzel Roll Baked Chips Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Flex Day Managers Choice Sidekicks Fruit Slush	Hot Dog w/Roll Baked Macaroni & Cheese Relish tray Assorted Fruit Chilled Fruit Juice Choice of Milk	Tangy Tacos w / Lettuce & Tomato Fiesta Rice Refried Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Big Daddy's Pizza Cal Blend Vegetables Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk
MENUS ARE NOW ON THE INTERNET - 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.

Hot Alternatives:
Bacon Cheeseburger,
Hamburger, BBQ
Chicken Sandwich,
Chicken Filet
Sandwich, Boneless
Wings, Meatball
Hoagie, Personal Pan
Pizza, Fish Sandwich.
Cold Alternatives:
Sweet Bologna
Sandwich, Turkey
Sandwich, Ham &
Cheese Sandwich,
PBJ, Turkey & Cheese
Hoagie, Ham & Cheese
Hoagie, American
Hoagie, Ham & Cheese
Wrap, Turkey Wrap
**Salad Bar
Items: (subject to
change upon
availability)**
Spring Mix,
Iceberg/Romaine mix,
Spinach, Red Beets,
Chick Peas,
Green/Black Olives,
Tomatoes, Celery,
Pickles, Cucumbers,
Red/Green
Peppers, Black Beans,
Kidney Beans,
Onions,
Broccoli, Carrots,
Macaroni Salad,
Potato Salad, Cole
Slaw, Tuna Salad,
Diced Chicken, Diced
Ham, Diced Turkey,
Diced Hard Boiled
Eggs, Red Beet
Eggs, Cottage Cheese,
Shredded
Mozzarella/Cheddar
Cheese, Assorted
Fruit, Assorted Light
Dressings, WG Dinner
Rolls, WG Croutons,
Butter, Chinese
Noodles