

**Penn Manor School District  
MARCH 2018-APRIL 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		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	
March 12, 2018	March 13, 2018	March 14, 2018	March 15, 2018	March 16, 2018	
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> March 19, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b> March 20, 2018	March 21, 2018	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b> March 22, 2018	March 23, 2018	
Popcorn Chicken Fluffy Whipped Potatoes Steamed Carrots Dinner Roll Assorted Fruit Choice of Milk	Walking Tacos Lettuce & Tomato Steamed Corn Refried Beans Assorted Fruit Choice of Milk	Pizza Sticks w / Dipping Sauce Green Beans Tossed Salad 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> March 26, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b> March 27, 2018	March 28, 2018	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b> March 29, 2018	March 30, 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	<b>NO SCHOOL-HOLIDAY</b>	
<b>B Lunch: Hamburger / Roll</b> April 2, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b> April 3, 2018	April 4, 2018	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese</b> April 5, 2018	April 6, 2018	
<b>NO SCHOOL-HOLIDAY</b>	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 Vanilla or Chocolate Ice Cream Cups 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 from \$.50 to \$.85 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.**