

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

Elementary Menu 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		WHAT MAKES A MEAL: 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	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
ENJOY	A	HEALTHY	LUNCH	TODAY			
April 9, 2018	April 10, 2018	April 11, 2018	April 12, 2018	April 13, 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 Lunch: Cold Deli Sandwich April 16, 2018	C Lunch: **Peanut Butter & Jelly Sandwich** April 17, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll April 18, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll April 19, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll April 20, 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 Lunch: Hot Dog / Roll April 23, 2018	C Lunch: **Peanut Butter & Jelly Sandwich** April 24, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll April 25, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll April 26, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll April 27, 2018			
Chicken Bites Baked Macaroni & Cheese Steamed Broccoli Baby Carrots w / Dip Assorted Fruit Choice of Milk	FLEX DAY 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 Lunch: Hamburger / Roll April 30, 2018	C Lunch: **Peanut Butter & Jelly Sandwich** May 1, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll May 2, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll May 3, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll May 4, 2018			
Popcorn Chicken Oven Brown Potatoes Steamed Carrots 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 Steamed 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 Lunch: Chicken Patty / Roll	C Lunch: **Peanut Butter & Jelly Sandwich**	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll			

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.

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