

**Penn Manor School District  
APRIL 2018-MAY 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](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 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

<b>Middle Schools Menu</b> MENUS SUBJECT TO CHANGE	<b>Elem. Lunch - \$2.35</b>  <b>Sec. Lunch: \$2.50/\$3.50/\$3.50/\$3.75</b> <b>Reduced Lunch - \$.40</b> <b>Student Milk - \$.60</b> <b>Adult Lunch- \$3.75/\$4.50</b>	<b>WHAT MAKES A MEAL:</b>  <b>Choose three of five components</b> *Protein, Milk, Grain, Fruit & Veggies <small>one of which must be 1/2c fruit or 1/2c veggies</small> <b>for a reimbursable lunch.</b>	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>	
<b>ENJOY</b>	<b>A</b>	<b>HEALTHY</b>	<b>LUNCH</b>	<b>TODAY</b>	
<b>April 9, 2018</b>	<b>April 10, 2018</b>	<b>April 11, 2018</b>	<b>April 12, 2018</b>	<b>April 13, 2018</b>	
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	
<b>April 16, 2018</b>	<b>April 17, 2018</b>	<b>April 18, 2018</b>	<b>April 19, 2018</b>	<b>April 20, 2018</b>	
Popcorn Chicken Fluffy Whipped Potatoes Steamed Broccoli Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Fajitas Romaine 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	<b>Flex Day Managers Choice Sidekicks Fruit Slush</b>	Big Daddy's Pizza Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	
<b>April 23, 2018</b>	<b>April 24, 2018</b>	<b>April 25, 2018</b>	<b>April 26, 2018</b>	<b>April 27, 2018</b>	
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	
<b>April 30, 2018</b>	<b>May 1, 2018</b>	<b>May 2, 2018</b>	<b>May 3, 2018</b>	<b>May 4, 2018</b>	
Hot Ham & Cheese on a Pretzel Roll Baked Chips Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>Flex Day Managers Choice Sidekicks Fruit Slush</b>	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	
<b>MENUS ARE NOW ON THE INTERNET - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b>					
<b>Parents are encouraged to purchase for their child pre-paid meals!</b>			<b>** Contains Peanuts And / Or Nuts **</b>		

(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.**