

Penn Manor School District
APRIL 2018-MAY 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. 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

High School 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	
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	
April 16, 2018	April 17, 2018	April 18, 2018	April 19, 2018	April 20, 2018	
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	Big Daddy's Pizza Sweet Potato Fries Celery Sticks w / Dip Ice Cream Cups Assorted Fruit Chilled Fruit Juice Choice of Milk	Flex Day Managers Choice Sidekicks Fruit Slush	Steak Sandwich French Fries Tasty Baked Beans Assorted Ice Cream Assorted Fruit Chilled Fruit Juice Choice of Milk	
April 23, 2018	April 24, 2018	April 25, 2018	April 26, 2018	April 27, 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	
April 30, 2018	May 1, 2018	May 2, 2018	May 3, 2018	May 4, 2018	
Hot Ham & Cheese on a Pretzel Roll Baked Chips Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Popcorn Chicken Fluffy Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Big Daddy's Pizza Sweet Potato Fries Celery Sticks w / Dip 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	Hot Dog w/Roll Baked Macaroni & Cheese Tossed salad/Relish tray Ice Cream Cups 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.