

**Penn Manor School District  
AUGUST 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

Middle Schools Menu MENU 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 1/2oz fruit or 1/2oz veggies for a reimbursable lunch.	We welcome your comments, questions and suggestions.  Contact the Food Services Department: 717- 872-9500 ext. 2228		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p align="center"><b>Welcome back to a great new year!!</b></p>			<p>August 23, 2018</p> <p>Chicken Cheesesteaks (WG) Cole Slaw French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p>August 24, 2018</p> <p>Italian Cheese Pizza (WG) Steamed Green Beans Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	
	<p>August 27, 2018</p> <p>Hamburger on a roll (WG) Golden Potato Rounds Steamed Peas Chilled Fruit Juice Assorted Fruit Choice of Milk</p>	<p>August 28, 2018</p> <p>Penne w/Meatballs or Meatball Sub (WG) Tossed Salad w/Cherry Tomatoes Steamed Green Beans Chilled Fruit Juice Assorted Fruit Choice of Milk</p>	<p>August 29, 2018</p> <p>Hot Dog w/Roll (WG) Baked Macaroni &amp; Cheese Relish tray Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p>August 30, 2018</p> <p>Tangy Tacos w / Lettuce &amp; Tomato Fiesta Rice Refried Beans Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p>August 31, 2018</p> <p align="center"><b>WooHoo!</b></p> <p align="center">Vacation Day!!</p>
			<p>Have fun with school</p>		<p>Learn all you can</p>
					<p>Healthy Heart <b>Healthy You</b></p>
					<p>School is Cool!</p> 
<p><b>MENUS ARE NOW ON THE INTERNET - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b></p>					
<p>Parents are encouraged to purchase for their child pre-paid meals!</p>			<p><b>** Contains Peanuts And / Or Nuts **</b></p>		

(Please write your child's first & last name on your check)  
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.