PENN MANOR SCHOOL DISTRICT AUGUST 2018 BREAKFAST 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.

BREAKFAST MENU Available Daily: Assorted Cereals w/Toast Chilled Fruit Chilled Fruit Juice	High School Breakfast - \$1.50 Elem. Breakfast - \$1.25 Reduced Breakfast - \$.30 Student Milk - \$.60 Adult Breakfast - \$2.00		We welcome your comments, questions and suggestions. Contact the Food Services Department: 717- 872-9500 ext. 2228	
Choice of Milk				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			August 23, 2018	August 24, 2018
Welcome back to a great new year!!	Protein Protein Choose My Plate-gov	The Balance of Good Health First and resembles Balan, the next and selection Balan, the nex	Waffles w/Syrup Or Breakfast Stick Chilled Fruit and Fruit Juice Choice of Milk	Ham McComet Or Cinnamon or Strawberry Mini Bagel Chilled Fruit and Fruit Juice Choice of Milk
August 27, 2018	August 28, 2018	August 29, 2018	August 30, 2018	August 31, 2018
Funnel Cake (Dutch Waffle) Or Sausage McComet Chilled Fruit and Fruit Juice Choice of Milk	Scrambled Eggs & Bacon Toast or French Toast Sticks Chilled Fruit and Fruit Juice Choice of Milk	French Toast Sticks or Grape or Chocolate Crescent Chilled Fruit and Fruit Juice Choice of Milk	Breakfast Pizza Or Waffles w/Syrup Chilled Fruit and Fruit Juice Choice of Milk	Vacation Day!!
and the second	MILK			T-100 Manuary
Healthy Heart Healthy You	Have fun with school			Waffles!
	MENUCADE AND	School: is Cool! NOW ON THE INTERNET - www.pen		

Parents are encouraged to purchase for their child pre-paid meals! (Please write your child's first & last name on your check)
Please make checks payable: Penn Manor Food Services

Cold Cereal/Toast available every day.

THERE IS A \$35.00 CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS.

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.