




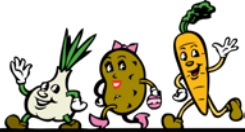
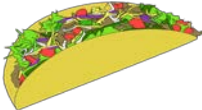









**Penn Manor School District
AUGUST 2018
Elementary Menu**

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 - \$4.00 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: 717 - 872-9500 ext. 2228	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY August 23, 2018	FRIDAY August 24, 2018
Welcome back to a great new year!!			Pasta w/sauce (WG) Tossed Salad Baby Carrots/ dip Dinner Roll (WG) Chilled Fruit Juice Assorted Fruit Choice of Milk	Italian Cheese Pizza (WG) Steamed Green Beans Celery Sticks w/dip Goldfish Crackers Assorted Fruit Choice of Milk
B Lunch: Egg McComet August 27, 2018	C Lunch: **Peanut Butter & Jelly Sandwich** August 28, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll August 29, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll August 30, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll August 31, 2018
Ham or Turkey Hoagie (WG) Baked Chips Red Pepper Strips w/Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Hot Dog w/roll (WG) French Fries Baked Beans Sidekick Fruit Slush Assorted Fruit Choice of Milk	Hot Open Turkey Sandwich (WG) Mashed Potatoes 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	WooHoo! Vacation Day!!
B Lunch: Hamburger / Roll	C Lunch: **Peanut Butter & Jelly Sandwich**	D Lunch: 4 oz. Yogurt & String Cheese		
		Have fun with school		Learn all you can
				Healthy Heart Healthy You
				School is Cool! 
MENUS ARE ALSO ON THE SCHOOL DISTRICT'S WEBSITE - www.pennmanor.net				

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)

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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USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.