


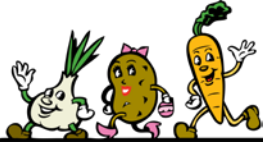




**Penn Manor School District
AUGUST 2018
High School Menu**

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/Cheeda
r 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: 717- 872-9500 ext. 2228	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Welcome back to a great new year!!			August 23, 2018 Assorted Hoagies (WG) Cole Slaw French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	August 24, 2018 Italian Cheese Pizza(WG) Steamed Green Beans Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk
August 27, 2018	August 28, 2018	August 29, 2018	August 30, 2018	August 31, 2018
Chicken Nuggets Mashed Potatoes Steamed Peas Chilled Fruit Juice Assorted Fruit Choice of Milk	Steak or Chicken Cheesesteak (WG) French Fries Tossed salad/Relish tray Ice Cream Cups Assorted Fruit Chilled Fruit Juice Choice of Milk	Big Daddy's Pizza (WG) 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	
		Have fun with school		Learn all you can
				Healthy Heart Healthy You
				School is Cool!
MENUS ARE NOW ON THE INTERNET - www.pennmanor.net				
Parents are encouraged to purchase for their child pre-paid meals! <small>(Please write your child's first & last name on your check) Please make checks payable: Penn Manor Food Services</small>			** Contains Peanuts And / Or Nuts **	
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.