

**Penn Manor School District  
SEPTEMBER 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](http://www.mySchoolBucks.com). Create a secure account and never worry again about sending cash or checks with your student(s) to school again.

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 1/2c fruit or 1/2c veggies For a reimbursable lunch.		We welcome your comments, questions and suggestions. Contact the Food Services Department: Food Services - 717- 872-9500 ext. 2228	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
September 3, 2018	September 4, 2018	September 5, 2018	September 6, 2018	September 7, 2018			
 <b>Labor Day No School</b>	Popcorn Chicken(WG) Fluffy Whipped Potatoes Steamed Green Beans Dinner Roll Assorted Fruit Choice of Milk	Pulled Pork on a Bun(WG) Golden Potato Rounds Baked Beans Assorted Fruit Choice of Milk	Grilled Cheese Sandwich(WG) Tomato Soup Baby Carrots & dip Assorted Fruit Choice of Milk	Italian Cheese Pizza(WG) California Blend Vegetables Romaine Lettuce Salad Chilled Fruit Juice Assorted Fruit Choice of Milk			
<b>B Lunch: Egg McComet</b> September 10, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich **</b> September 11, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich **</b> September 12, 2018	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b> September 13, 2018	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b> September 14, 2018			
Hot Open Face Turkey Sandwich(WG) Fluffy Whipped Potatoes Steamed Carrots Assorted Fruit Choice of Milk	Pizza Sticks w / Dipping Sauce Pepper strips with dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Nuggets Baked Macaroni & Cheese Steamed Broccoli Assorted Fruit Choice of Milk	Grilled Cheese Sandwich(WG) Tomato Soup Steamed Green Beans Assorted Fruit Choice of Milk	Big Daddys Pizza(WG) Celery Sticks w / Dip Sidekick Fruit Slush Assorted Fruit Choice of Milk			
<b>B Lunch: Cold Deli Sandwich</b> September 17, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich **</b> September 18, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich **</b> September 19, 2018	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b> September 20, 2018	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b> September 21, 2018			
Popcorn Chicken Bites Baked Macaroni & Cheese(WG) Steamed Broccoli Baby Carrots w / Dip Assorted Fruit Choice of Milk	Brunch for Lunch Tuurkey or Pork Sausage Patty Baked Beans Chilled Fruit Juice Assorted Fruit Choice of Milk	Hamburger on a Bun Golden Potato Rounds Baked Beans Baby Carrots w/Dip Assorted Fruit Choice of Milk	Lasagna Roll -Ups (WG) Tossed Salad Dinner Roll (WG) Chilled Fruit Juice Assorted Fruit Choice of Milk	Italian Cheese Pizza (WG) Steamed Green Beans Cucumber Coins w/Dip Sidekicks Fruit Slushie Assorted Fruit Choice of Milk			
<b>B Lunch: Hot Dog / Roll</b> September 24, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich **</b> September 25, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich **</b> September 26, 2018	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b> September 27, 2018	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b> September 28, 2018			
Hot Dog w/roll (WG) French Fries Baked Beans Sidekick Fruit Slush Assorted Fruit Choice of Milk	Ham or Turkey Hoagie (WG) Baked Chips Red Pepper Strips w/Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Walking Tacos Lettuce & Tomato Steamed Corn Refried Beans Assorted Fruit Choice of Milk	<b>FLEX DAY</b> Managers Choice Choice of Veggie Assorted Fruit Choice of Milk	 <b>K-12 In - Service Day No School</b>			
<b>B Lunch: Hamburger / Roll</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich **</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich **</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>			
							
<b>B Lunch: Chicken Patty / Roll</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich **</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich **</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>			

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)

Yogurt & String Cheese - D Lunch Nutritional Information:  
Calories - 190, Fat - 7 grams

Please make checks payable: Penn Manor Food Service

\*\* 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.

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.