




**Penn Manor School District  
October 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			
October 1, 2018	October 2, 2018	October 3, 2018	October 4, 2018	October 5, 2018			
Popcorn Chicken Bites Oven Brown Potatoes Pepper Strips w/dip Assorted Fruit Choice of Milk	Brunch for Lunch Turkey or Pork Sausage Patty Steamed Corn Chilled Fruit Juice Assorted Fruit Choice of Milk	Hamburger or Cheeseburger (WG) Golden Potato Rounds Glazed Carrots Assorted Fruit Choice of Milk	Grilled Cheese Sandwich(WG) Tomato Soup Baked vegetarian beans Assorted Fruit Choice of Milk	BD Cheese or Pepperoni Pizza (WG) California Blend Vegetables Romaine Lettuce Salad Chilled Fruit Juice Assorted Fruit Choice of Milk			
<b>B Lunch: Egg McComet</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich **</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>				
October 8, 2018	October 9, 2018	October 10, 2018	October 11, 2018	October 12, 2018			
	Pasta with Meatballs & sauce Tossed Salad w/cherry Tomatoes (WG) dinner roll Assorted Fruit Choice of Milk	Chicken Nuggets Baked Macaroni & Cheese (WG) Dinner Roll Steamed Broccoli Assorted Fruit Choice of Milk	Walking Tacos Lettuce, Tomato & shredded cheddar cheese Steamed Corn Refried Beans Assorted Fruit Choice of Milk	Italian Cheese Pizza (WG) Celery Sticks w / Dip Sidekick Fruit Slush Assorted Fruit Choice of Milk			
<b>B Lunch: Ham &amp; cheese Sandwich</b>	<b>C Lunch: **Peanut Butter &amp; Jelly (WG) Dinner Rol</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>				
October 15, 2018	October 16, 2018	October 17, 2018	October 18, 2018	October 19, 2018			
Popcorn Chicken Bites Baked Macaroni & Cheese (WG) Buttered Baby Peas Baby Carrots w / Dip Assorted Fruit Choice of Milk	Grilled Ham & Cheese Sandwich(WG) Tomato Soup Steamed Broccoli Assorted Fruit Choice of Milk	Breaded Chicken Patty on a Bun (WG) Baked Golden Potato Rounds Baked Beans Celery sticks w/Dip Assorted Fruit Choice of Milk	Lasagna Roll -Ups (WG) Tossed Salad w/ Cherry Tomatoes Dinner Roll (WG) Chilled Fruit Juice Assorted Fruit Choice of Milk	Cheese or Pepperoni Pizza (WG) Steamed Green Beans Cucumber Coins w/Dip Sidekicks Fruit Slushie Assorted Fruit Choice of Milk <b>K-12 Early dismissal</b>			
<b>B Lunch: Hot Dog / Roll</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich **</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>				
October 22, 2018	October 23, 2018	October 24, 2018	October 25, 2018	October 26, 2018			
Hot Dog on a roll (WG) Baked French Fries Baked Beans Sidekick Fruit Slush Assorted Fruit Choice of Milk	Grilled Turkey & Cheese on a pretzel roll (WG) Baked Chips Red Pepper Strips w/Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Grilled Cheese Sandwich (WG) Tomato Soup Steamed Corn Assorted Fruit Choice of Milk	<b>FLEX DAY</b> <b>Managers Choice</b> <b>Choice of Veggie</b> <b>Assorted Fruit</b> <b>Choice of Milk</b>	Italian Cheese Pizza (WG) Marinated black bean salad Tossed Romaine salad Sidekick Fruit Slush Assorted Fruit Choice of Milk			
<b>B Lunch: Hamburger / Roll</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich **</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>				
October 29, 2018	October 30, 2018	October 31, 2018					
Chicken Tenders Whipped potatoes Steamed baby peas Dinner roll (WG) Assorted Fruit Choice of Milk	Meatball Sub w/ marinara sauce, shredded mozzarella cheese Buttered Rotini pasta Baby carrots w/dip Sidekick Fruit Slush Assorted Fruit Choice of Milk	Fish Sticks (WG) Baked Mac & cheese Dinner roll (WG) Steamed Green beans Chilled Fruit Juice Assorted Fruit Choice of Milk <b>Free cookie with lunch</b>					
<b>B Lunch: Chicken Patty / Roll</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich **</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

\*\* Contains Peanuts And / Or Nuts \*\*

Please make checks payable: Penn Manor Food Service

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

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