

PENN MANOR SCHOOL DISTRICT





October 2018

High School

LUNCH 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/Cheddar  
 Cheese, Assorted  
 Fruit, Assorted Light  
 Dressings, WG  
 Dinner Rolls,  
 Croutons, WG  
 Saltine Crackers,  
 Butter, Bacon Bits

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	
 <p>Popcorn Chicken Bites Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p>Fish Sandwich w/lettuce &amp; tomato Sweet potato fries Steamed green beans Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p>Southwest chicken pieces Buttered rotini Buttered Baby Peas Baked beans Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p><b>Baked Potato Bar</b> with all the toppings Chili,cheese,broccoli,Salsa &amp; Sour cream Carrot Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p>Italian Cheese Pizza (WG) Red Pepper Strips/dip Romaine Lettuce Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	
October 8, 2018	October 9, 2018	October 10, 2018	October 11, 2018	October 12, 2018	
 <p>Have a great Columbus Day!</p>	<p>Stuffed Shells (WG) Tossed Salad Dinner Roll (WG) Chilled Fruit Juice Assorted Fruit Choice of Milk</p>	<p>Assorted Topped Pizza Sweet Potato Fries Celery Sticks w / Dip Ice Cream Cups Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p>Chicken &amp; Cheese Quesadilla Fiesta Rice Mexicali corn Chilled Fruit Juice Assorted Fruit Choice of Milk</p>	<p>Breaded Chicken Patty Plain or Spicy on a Roll (WG) Buttered Baby Peas Baked French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	
October 15, 2018	October 16, 2018	October 17, 2018	October 18, 2018	October 19, 2018	
<p>Pizza Sticks w / Dipping Sauce Glazed Carrots Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p>Turkey &amp; Gravy Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p>Grilled Cheese Sandwich (WG) Tomato Soup Tossed Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p>Chicken Cheesesteaks (WG) Buttered Baby Peas Baked French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p>Italian Cheese Pizza (WG) Steamed Green Beans Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk <b>K- 12 Early dismissal</b></p>	
October 22, 2018	October 23, 2018	October 24, 2018	October 25, 2018	October 26, 2018	
<p>Chicken Tenders (WG) Mashed Potatoes Steamed Peas Chilled Fruit Juice Assorted Fruit Choice of Milk</p>	<p>Penne Pasta w/Meatballs or Meatball Sub (WG) Tossed Salad w/Cherry Tomatoes Steamed Green Beans Chilled Fruit Juice Assorted Fruit Choice of Milk</p>	<p>Hot Dog w/Roll (WG) Baked Macaroni &amp; Cheese Baked beans Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p>Cheese or Pepperoni Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p><b>FLEX DAY</b> Managers Choice Choice of Veggie Assorted Fruit Choice of Milk</p>	
October 29, 2018	October 30, 2018	October 31, 2018			
<p>BBQ Chicken Fillet on a (WG) Roll w/ Lettuce &amp; Tomato Buttered Baby Peas Baked French Fries Fruit Juice Assorted Fruit Choice of Milk</p>	<p>Corn Dog (WG) Pepper Strips w/Dip Dinner roll (WG) Tossed Romaine Salad w/ Cherry Tomatoes Chilled Fruit Juice Assorted Fruit Choice of Milk</p>	<p>Fish Sticks (WG) Baked Mac &amp; cheese Dinner roll (WG) Steamed Green beans Chilled Fruit Juice Assorted Fruit Choice of Milk <b>Free cookie with lunch</b></p>			

MENUS ARE NOW ON THE INTERNET - www.pennmanor.net

Parents are encouraged to purchase for their child pre-paid meals!

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

(Please write your child's first & last name on your check)  
 Please make checks payable: Penn Manor Food Service

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.