

**Penn Manor School District  
October 2018  
Middle 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](http://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 Sandwich, Boneless Wings, Meatball Hoagie, Personal Pan Pizza, Fish Sandwich.

**Cold Alternatives:**  
Sweet Bologna Sandwich, Turkey Sandwich, Ham & Cheese Sandwich, PBJ, Turkey & Cheese Hoagie, Ham & Cheese Hoagie, American Hoagie, Ham & Cheese Wrap, Turkey Wrap

**Salad Bar Items: (subject to change upon availability)**  
Spring Mix, Iceberg/Romaine mix, Spinach, Red Beets, Chick Peas, Green/Black Olives, Tomatoes, Celery, Pickles, Cucumbers, Red/Green Peppers, Black Beans, Kidney Beans, Onions, Broccoli, Carrots, Macaroni Salad, Potato Salad, Cole Slaw, Tuna Salad, Diced Chicken, Diced Ham, Diced Turkey, Diced Hard Boiled Eggs, Red Beet Eggs, Cottage Cheese, Shredded Mozzarella/Cheddar Cheese, Assorted Fruit, Assorted Light Dressings, WG Dinner Rolls, WG Croutons, Butter, Chinese Noodles

<b>Middle Schools Menu</b> MENU SUBJECT TO CHANGE 	<b>Elem. Lunch - \$2.35</b>  <b>Sec. Lunch: \$2.50/\$3.50/\$3.50/\$3.75</b> <b>Reduced Lunch - \$.40</b> <b>Student Milk - \$.60</b> <b>Adult Lunch- \$3.75/\$4.50</b>	<b>WHAT MAKES A MEAL:</b>  <b>Choose three of five components</b> *Protein, Milk, Grain, Fruit & Veggies one of which must be 1/2oz fruit or 1/2oz veggies <b>For a reimbursable lunch.</b>	<b>We welcome your comments, questions and suggestions.</b>  <b>Contact the Food Services Department:</b> <b>Food Services - 717- 872-9500 ext. 2228</b>	
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>October 1, 2018</b>  Popcorn Chicken Bites Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>October 2, 2018</b>  Fish Sandwich w/ lettuce & tomato Baked Sweet potato fries Steamed green beans Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>October 3, 2018</b>  Southwest chicken pieces Buttered rotini Buttered Baby Peas Baked beans Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>October 4, 2018</b>  <b>Baked Potato Bar</b> with all the toppings Chili, cheese, broccoli, Salsa & Sour cream Carrot Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>October 5, 2018</b>  Italian Cheese Pizza (WG) Red Pepper Strips/Dip Romaine Lettuce Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk
<b>October 8, 2018</b> 	<b>October 9, 2018</b>  Stuffed Shells (WG) Tossed Salad w/ Cherry Tomatoes Dinner Roll (WG) Chilled Fruit Juice Assorted Fruit Choice of Milk	<b>October 10, 2018</b>  Breaded Chicken Patty Plain or Spicy on a Roll (WG) Buttered Baby Peas Baked French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>October 11, 2018</b>  Chicken & Cheese Quesadilla Fiesta Rice Mexicali corn Chilled Fruit Juice Assorted Fruit Choice of Milk	<b>October 12, 2018</b>  Cheese or Pepperoni Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk
<b>October 15, 2018</b>  Pizza Sticks w / Dipping Sauce Glazed Carrots Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>October 16, 2018</b>  Turkey & Gravy (WG) Dinner Roll Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>October 17, 2018</b>  Grilled Cheese Sandwich (WG) Tomato Soup Tossed Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>October 18, 2018</b>  Chicken Cheesesteaks (WG) Buttered Baby Peas Baked French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>October 19, 2018</b>  Italian Cheese Pizza (WG) Steamed Green Beans Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk <b>K-12 Early dismissal</b>
<b>October 22, 2018</b>  Hamburger on a Roll (WG) Baked Golden Potato Rounds Marinated Black Bean Salad Fruit Juice Assorted Fruit Choice of Milk	<b>October 23, 2018</b>  Penne Pasta w/Meat Sauce Tossed Salad w/Cherry Tomatoes Steamed Green Beans Chilled Fruit Juice Assorted Fruit Choice of Milk	<b>October 24, 2018</b>  Hot Dog w/Roll (WG) Baked Macaroni & Cheese Baked beans Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>October 25, 2018</b>  Cheese or Pepperoni Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>October 26, 2018</b>  <b>FLEX DAY</b> Managers Choice Choice of Veggie Assorted Fruit Choice of Milk
<b>October 29, 2018</b>  BBQ Chicken Fillet on a (WG) Roll w/ Lettuce & Tomato Buttered Baby Peas Baked French Fries Fruit Juice Assorted Fruit Choice of Milk	<b>October 30, 2018</b>  Mini Corn Dogs (WG) Pepper Strips w/Dip Dinner roll (WG) Tossed Salad w/ Cherry Tomatoes Chilled Fruit Juice Assorted Fruit Choice of Milk	<b>October 31, 2018</b>  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>		

**MENUS ARE NOW ON THE INTERNET - [www.pennmanor.net](http://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

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