





**PENN MANOR SCHOOL DISTRICT**  
**October 2018**  
**BREAKFAST 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.

<b>BREAKFAST MENU</b> Available Daily: Assorted Cereals w/Toast Chilled Fruit Chilled Fruit Juice Choice of Milk		High School Breakfast - \$1.50 Elem. Breakfast - \$1.25 Reduced Breakfast - \$.30 Student Milk - \$.60 Adult Breakfast - \$2.00		We welcome your comments, questions and suggestions. Contact the Food Services Department: Food Services - 717- 872-9500 ext. 2228	
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
October 1, 2018	October 2, 2018	October 3, 2018	October 4, 2018	October 5, 2018	
Breakfast Pizza or Pancakes w/Syrup Chilled Fruit and Fruit Juice Choice of Milk	Waffles with syrup or Ham McComet Chilled Fruit and Fruit Juice Choice of Milk	Scrambled egg & Cheese on a WG Biscuit or French Toast Sticks Chilled Fruit and Fruit Juice Choice of Milk	Dutch Waffle w/ peaches or Sausage McComet Chilled Fruit and Fruit Juice Choice of Milk	Cheese Omelette/Toast or Apple or Cherry Frudel Chilled Fruit and Fruit Juice Choice of Milk	
October 8, 2018	October 9, 2018	October 10, 2018	October 11, 2018	October 12, 2018	
	Ham McComet or Cinnamon or Strawberry Mini Bagel Chilled Fruit and Fruit Juice Choice of Milk	Choice of Muffin & Cheese stick or Breakfast Stick w/Syrup Chilled Fruit and Fruit Juice Choice of Milk	Scrambled Eggs & Bacon Toast or French Toast Sticks Chilled Fruit and Fruit Juice Choice of Milk	Pancakes with syrup or Breakfast Pizza Chilled Fruit and Fruit Juice Choice of Milk	
October 15, 2018	October 16, 2018	October 17, 2018	October 18, 2018	October 19, 2018	
Cheese Omelette/Toast or French Toast Sticks Chilled Fruit and Fruit Juice Choice of Milk	Dutch Waffle w/ peaches or Sausage McComet Chilled Fruit and Fruit Juice Choice of Milk	Scrambled Eggs & Turkey Sausage/ Toast or Apple of Cherry Frudel Chilled Fruit and Fruit Juice Choice of Milk	Waffles w/Syrup or Breakfast Stick Chilled Fruit and Fruit Juice Choice of Milk	Ham McComet or Cinnamon or Strawberry Mini Bagel Chilled Fruit and Fruit Juice Choice of Milk	
October 22, 2018	October 23, 2018	October 24, 2018	October 25, 2018	October 26, 2018	
Dutch Waffle w/ peaches or Sausage McComet Chilled Fruit and Fruit Juice Choice of Milk	Choice of muffin & Cheese stick or Panacakes w/ syrup Chilled Fruit and Fruit Juice Choice of Milk "Lucky Breakfast Tray day"	French Toast Sticks or Grape or Chocolate Crescent Chilled Fruit and Fruit Juice Choice of Milk	Breakfast Pizza or Breakfast stick Chilled Fruit and Fruit Juice Choice of Milk	Ham McComet or Cinnamon or Strawberry Mini Bagel Chilled Fruit and Fruit Juice Choice of Milk	
October 29, 2018	October 30, 2018	October 31, 2018	October 31, 2018		
French Toast Sticks or Grape or Chocolate Crescent Chilled Fruit and Fruit Juice Choice of Milk	Cheese Omelette/Toast or French Toast Sticks Chilled Fruit and Fruit Juice Choice of Milk	<b>Flex Day</b> Chilled Fruit and Fruit Juice Choice of Milk			
					
<b>MENUS ARE NOW ON THE INTERNET - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b>					

Parents are encouraged to purchase for their child pre-paid meals!  
(Please write your child's first & last name on your check)  
Please make checks payable: Penn Manor Food Service

\*\*\*\*\*THERE IS A \$35.00 CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS.

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.