


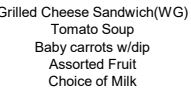






**Penn Manor School District  
November 2018  
Elementary Menu**

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		Elementary Lunch - \$2.35 Secondary Lunch: \$2.50/\$3.50/\$3.75 Reduced Lunch - \$0.40 Student Milk - \$0.60 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	
				 <b>IN - SERVICE NO SCHOOL</b>	
<b>B Lunch: Turkey &amp; cheese sandwich</b> November 5, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b> November 6, 2018	<b>November 7, 2018</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b> November 8, 2018	<b>November 9, 2018</b>	
Chicken Bites Baked Macaroni & Cheese (WG) Buttered Baby Peas Cucumber Coins w / Dip Assorted Fruit Choice of Milk	Pulled Pork on a Bun(WG) French Fries Steamed Corn Assorted Fruit Choice of Milk	Brunch for Lunch Turkey or Pork Sausage Patty Baby carrots w/dip Chilled Fruit Juice Assorted Fruit Choice of Milk <b>EARLY DISMISSAL</b>	Breaded Chicken Patty on a Roll Cole Slaw French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk <b>EARLY DISMISSAL</b>	BD Cheese or Pepperoni Pizza (WG) California Blend Vegetables Romaine Lettuce Salad Chilled Fruit Juice Assorted Fruit Choice of Milk <b>EARLY DISMISSAL</b>	
<b>B Lunch: Tuna Salad Sandwich</b> November 12, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly (WG) Dinner Roll</b> November 13, 2018	<b>November 14, 2018</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b> November 15, 2018	<b>November 16, 2018</b>	
Chicken Tenders (WG) Baked Macaroni & Cheese (WG) Steamed cauliflower Red Pepper strips w / Dip Assorted Fruit Choice of Milk	Grilled Cheese & Tomato Sandwich (WG) Tomato Soup Steamed Broccoli Assorted Fruit Choice of Milk	Tangy Tacos w / Lettuce & Tomato Baked Potato Mexicali Corn Salad Assorted Fruit Choice of Milk	 "Roast Turkey" Fluffy Whipped Potatoes Bread Stuffing Buttered baby Peas Cranberry Sauce Assorted Fruit Choice of Milk Thanksgiving Cookie	French Bread Pizza (WG) Steamed Green Beans Tossed salad with cherry tomatoes Assorted Fruit Choice of Milk	
<b>B Lunch: Hot Dog / Roll</b> November 19, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b> November 20, 2018	<b>November 21, 2018</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b> November 22, 2018	<b>November 23, 2018</b>	
Mini Corn dogs w/ dipping sauce (WG) Baked French Fries Steamed Corn 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	Hamburger or Cheeseburger (WG) Baked Golden Potato Rounds Baked Beans Celery sticks w/Dip Assorted Fruit Choice of Milk <b>EARLY DISMISSAL</b>	 <b>Happy Thanksgiving</b>		
<b>B Lunch: Chicken Patty on a Roll</b> November 26, 2018	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b> November 27, 2018	<b>November 28, 2018</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b> November 29, 2018	<b>November 30, 2018</b>	
	Pasta meat sauce & dinner roll (WG) Baby carrots w/dip Romaine salad w/cherry tomatoes Vanilla or chocolate ice-cream dixie-cup Assorted Fruit Choice of Milk	Chicken Patty on a Roll (WG) Baked Beans French Fries Celery Sticks w / Dip Assorted Fruit Choice of Milk	<b>FLEX DAY</b> Managers Choice Choice of Veggie Assorted Fruit Choice of Milk	Italian Cheese Pizza (WG) Steamed Broccoli Romaine Lettuce Salad Assorted Fruit Choice of Milk	
<b>B Lunch: Ham &amp; Cheese Sandwich</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

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.

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