









PENN MANOR SCHOOL DISTRICT

November 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	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
				
				
November 5, 2018	November 6, 2018	November 7, 2018	November 8, 2018	November 9, 2018
Veggie Penne Pasta w/ Marinara Sauce & Dinner Roll (WG) Tossed Salad w/Cherry Tomatoes Chilled Fruit Juice Assorted Fruit Choice of Milk	Ranch Style chicken pieces Buttered rotini Glazed carrots Baked beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Grilled Cheese Sandwich (WG) Tomato Soup Tossed Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk EARLY DISMISSAL	Fish Sticks Baked Mac & Cheese w/ Dinner roll (WG) Steamed green beans Assorted Fruit Chilled Fruit Juice Choice of Milk EARLY DISMISSAL	Cheese, Pepperoni or Veggie Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk EARLY DISMISSAL
November 12, 2018	November 13, 2018	November 14, 2018	November 15, 2018	November 16, 2018
Sweet & Sour Chicken w/ Asian style rice w/ Dinner roll (WG) w/ Steamed broccoli Assorted Fruit Chilled Fruit Juice Choice of Milk	Hamburger on a Roll (WG) Baked Golden Potato Rounds Marinated Black Bean Salad Fruit Juice Assorted Fruit Choice of Milk	Chicken Cheesesteaks (WG) Buttered Baby Peas Baked French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	Thanksgiving Dinner "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 Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk
November 19, 2018	November 20, 2018	November 21, 2018	November 22, 2018	November 23, 2018
Pizza Sticks w/ Dipping Sauce Glazed Carrots Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk	Taco Bar With toppings bar choice of soft or hard Assorted Fruit Chilled Fruit Juice Choice of Milk	BBQ Chicken Fillet on a (WG) Roll w/ Lettuce & Tomato Buttered Baby Peas Baked French Fries Fruit Juice Assorted Fruit Choice of Milk EARLY DISMISSAL	 Happy Thanksgiving	
November 26, 2018	November 27, 2018	November 28, 2018	November 29, 2018	November 30, 2018
	Hamburger or Veggie Burger on a Roll (WG) Baked Golden Potato Rounds Marinated Black Bean Salad Fruit Juice Assorted Fruit Choice of Milk	Chicken Fajitia Fiesta Rice Three bean Salad Chilled Fruit Juice Assorted Fruit Choice of Milk	Cheese, Veggie or Pepperoni Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	FLEX DAY Managers Choice Choice of Veggie Assorted Fruit Choice of Milk

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.