











**Penn Manor School District
November 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. Create a secure account and never worry again about sending cash or checks with your student(s) to school again.

Middle Schools Menu MENU SUBJECT TO CHANGE 	Elementary Lunch - \$2.35	WHAT MAKES A MEAL:	We welcome your comments, questions and suggestions. Contact the Food Services Department: Food Services - 717- 872-9500 ext. 2228				
	Secondary Lunch: \$2.50/\$3.50/\$3.75 Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.75/\$4.50	Choose three of five components *Protein, Milk, Grain, Fruit & Veggies one of which must be 1/2oz fruit or 1/2oz veggies For a reimbursable lunch.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			 November 5, 2018	 November 6, 2018	 November 7, 2018	November 1, 2018 Pulled Pork on a roll Baked vegetarian beans French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	 November 2, 2018 IN - SERVICE NO SCHOOL
			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
			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	November 15, 2018 Thanksgiving Dinner "Roast Turkey" Fluffy Whipped Potatoes Bread Stuffing Buttered baby Peas Cranberry Sauce Assorted Fruit Choice of Milk Thanksgiving Cookie 	November 16, 2018 French Bread Pizza (WG) Steamed Green Beans Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk
			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	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	November 29, 2018 Cheese, Veggie or Pepperoni Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	November 30, 2018 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.

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