







**PENN MANOR SCHOOL DISTRICT
November 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. Create a secure account and never worry again about sending cash or checks with your student(s) to school again.

BREAKFAST MENU 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	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY November 1, 2018	FRIDAY November 2, 2018
			Choice of Muffin & Cheese stick or Breakfast Stick w/Syrup Chilled Fruit and Fruit Juice Choice of Milk	 IN - SERVICE NO SCHOOL
November 5, 2018	November 6, 2018	November 7, 2018	November 8, 2018	November 9, 2018
Dutch Waffle w/ Fruit or Sausage McComet Chilled Fruit and Fruit Juice Choice of Milk	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 EARLY DISMISSAL	Scrambled Eggs, Bacon & Toast or French Toast Sticks Chilled Fruit and Fruit Juice Choice of Milk EARLY DISMISSAL	Pancakes with syrup or Breakfast Pizza Chilled Fruit and Fruit Juice Choice of Milk EARLY DISMISSAL
November 12, 2018	November 13, 2018	November 14, 2018	November 15, 2018	November 16, 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 or Cherry Frudel Chilled Fruit or Fruit Juice Choice of Milk	Waffles w/Syrup or Breakfast Stick Chilled Fruit and Fruit Juice Choice of Milk	Egg & cheese (WG) biscuit or Cinnamon or Strawberry Mini Bagel Chilled Fruit and Fruit Juice Choice of Milk
November 19, 2018	November 20, 2018	November 21, 2018	November 22, 2018	November 23, 2018
Dutch Waffle w/ Fruit or Sausage McComet Chilled Fruit and Fruit Juice Choice of Milk	Choice of muffin & Cheese stick or Pancakes 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 EARLY DISMISSAL	 Happy Thanksgiving	
November 26, 2018	November 27, 2018	November 28, 2018	November 29, 2018	November 30, 2018
	Cheese Omelette & Toast or French Toast Sticks Chilled Fruit and Fruit Juice Choice of Milk	Breakfast Pizza or Breakfast stick Chilled Fruit and Fruit Juice Choice of Milk	Egg & cheese (WG) Biscuit or Breakfast Stick Chilled Fruit and Fruit Juice Choice of Milk	Flex Day Chilled Fruit and Fruit Juice Choice of Milk
MENUS ARE NOW ON THE INTERNET - www.pennmanor.net				

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.