

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

MENU SUBJECT TO CHANGE	Elem. Lunch - \$2.35 Sec. Lunch: \$2.50/\$3.50/\$3.50/\$3.75	WHAT MAKES A MEAL: Choose three of five components *Protein, Milk, Grain, Fruit & Veggies		
	Reduced Lunch - \$0.40 Student Milk - \$0.60 Adult Lunch - \$3.75/\$4.50	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
December 3, 2018	December 4, 2018	December 5, 2018	December 6, 2018	December 7, 2018
Grilled Cheese Sandwich(WG) Tomato Soup Baby carrots w/dip Assorted Fruit Choice of Milk	NEW Top N Go Chicken Nachos Refried Beans Baked Potato Lettuce & Tomato Assorted Fruit Choice of Milk	Mini Corn dogs w/ dipping sauce (WG) Baked French Fries Steamed Corn Sidekick Fruit Slush Assorted Fruit Choice of Milk	Hot Ham and Cheese on a Pretzel Roll (WG) Tossed salad w/Cherry Tomatoes Steamed Broccoli Assorted Fruit Chilled Fruit Juice Choice of Milk	French Bread Pizza (WG) Steamed Glazed Carrots Tossed salad with cherry tomatoes Assorted Fruit Choice of Milk
B Lunch: Turkey & cheese sandwich December 10, 2018	C Lunch: **Peanut Butter & Jelly Sandwich ** December 11, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll December 12, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll December 13, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll December 14, 2018
New Pizza burger or Hamburger (WG) Baked Golden Potato Rounds Baked Beans Celery sticks w/Dip Assorted Fruit Choice of Milk	Chicken Bites Fluffy Mashed Potatoes Buttered Baby Peas Cucumber Coins w / Dip Assorted Fruit Choice of Milk	Fish Sticks Baked Mac & Cheese w/ Dinner roll (WG) Steamed Country Mix Veggies Assorted Fruit Choice of Milk	Breaded Chicken Patty on a Roll (WG) Cole Slaw French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	BD Cheese or Pepperoni Pizza (WG) California Blend Vegetables Romaine Lettuce Salad Chilled Fruit Juice Assorted Fruit Choice of Milk
B Lunch: Hot Dog / Roll (WG) December 17, 2018	C Lunch: **Peanut Butter & Jelly (WG) Dinner Roll December 18, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll December 19, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll December 20, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll December 21, 2018
Breaded Chicken Patty on a Roll (WG) Baked Beans French Fries Celery Sticks w / Dip Assorted Fruit Choice of Milk	Pasta meat sauce & dinner roll (WG) Baby Carrots w/dip Romaine salad w/cherry tomatoes Assorted Fruit Choice of Milk	NEW Beef Shepards Pie Steamed Broccoli Dinner Roll (WG) Assorted Fruit Choice of Milk  Holiday Cookie With Lunch	FLEX DAY Managers Choice Choice of Veggie Assorted Fruit Choice of Milk	French Bread Pizza (WG) Steamed Green Beans Tossed salad with cherry tomatoes Assorted Fruit Choice of Milk EARLY DISMISSAL
B Lunch: Ham & cheese sandwich December 24, 2018	C Lunch: **Peanut Butter & Jelly Sandwich ** December 25, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll December 26, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll December 27, 2018	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll December 28, 2018
				
B Lunch: Hamburger on a Roll (WG) December 30, 2018	C Lunch: **Peanut Butter & Jelly Sandwich **	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll
				
B Lunch: Bologna & Cheese Sandwich (
C Lunch: **Peanut Butter & Jelly Sandwich **				
D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll				
MENUS ARE ALSO ON THE SCHOOL DISTRICT'S WEBSITE - www.pennmanor.net				
Assorted A La Carte items available from \$.50 to \$.85 each				
** S Lunch: Chef Salad Available Every Wednesday Only **				
Parents are encouraged to visit: MYSCHOOLBUCKS.COM If parents are sending checks - (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.				
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.				