

**PENN MANOR SCHOOL DISTRICT
December 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



Elem. Lunch - \$2.35
Sec. Lunch:
\$2.50/\$3.50/\$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 December 3, 2018	TUESDAY December 4, 2018	WEDNESDAY December 5, 2018	THURSDAY December 6, 2018	FRIDAY December 7, 2018
Breaded Chicken Patty Plain or Spicy on a Roll (WG) Cole Slaw French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	NEW Top N Go BBQ Chicken Nachos Baked beans Baked Potato Lettuce & Tomato Assorted Fruit Choice of Milk	Assorted Hoagies (WG) Veggie Cup w/dip Buttered Corn French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	Penne Pasta w/Meat Sauce W/Dinner Roll (WG) Tossed Salad w/Cherry Tomatoes Steamed Green Beans Chilled Fruit Juice Assorted Fruit Choice of Milk	Chicken Cheesesteaks (WG) Buttered Baby Peas Baked French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk
December 10, 2018	December 11, 2018	December 12, 2018	December 13, 2018	December 14, 2018
NEW Pizza burger or Veggie Burger on a Roll (WG) Baked Golden Potato Rounds Steamed California Blend Veggies Fruit Juice Assorted Fruit Choice of Milk	Grilled Cheese Sandwich (WG) Tomato Soup Tossed Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk	Beef Shepards Pie Steamed Glazed Carrots Dinner Roll (WG) Assorted Fruit Choice of Milk	Fish Sticks Baked Mac & Cheese w/ Dinner roll (WG) Steamed green beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Cheese, Pepperoni or Veggie Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk
December 17, 2018	December 18, 2018	December 19, 2018	December 20, 2018	December 21, 2018
Pizza Sticks w / Dipping Sauce Glazed Carrots Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk	Hot Dog on a Roll (WG) Bar w/assorted Toppings Baked Golden Potato Round Fruit Juice Assorted Fruit Choice of Milk	New Buffalo Chicken & Waffles Celery Sticks & dip Assorted Fruit Chilled Fruit Juice Choice of Milk	FLEX DAY Managers Choice Choice of Veggie Assorted Fruit Choice of Milk	French Bread Pizza (WG) Steamed Green Beans Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk EARLY DISMISSAL
December 24, 2018	December 25, 2018	December 26, 2018	December 27, 2018	December 28, 2018
December 31, 2018				

MENUS ARE NOW ON THE INTERNET - www.pennmanor.net

Parents are encouraged to visit: MYSCHOOLBUCKS.COM

** Contains Peanuts And / Or Nuts **

If parents are sending checks - (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.