

**Penn Manor School District
January 2019
Elementary Menu**

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MENU SUBJECT TO CHANGE	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. ***May contain nuts***	Assorted A La Carte items available from \$0.50 to \$0.85 each ** S Lunch: Chef Salad Available Every Wednesday Only ** D Lunch Yogurt & String Cheese Contact the Food Services Department: Food Services - 717- 872-9500 ext. 2228 We welcome your comments, questions and suggestions.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Mini Corn dogs w/ dipping sauce (WG) Baked French Fries Steamed Corn Sidekick Fruit Slush Assorted Fruit Choice of Milk	Grilled Cheese Sandwich(WG) Tomato Soup Baby carrots w/dip Assorted Fruit Choice of Milk	French Bread Pizza (WG) Steamed Green Beans Tossed salad with cherry tomatoes Assorted Fruit Choice of Milk
B Lunch: Turkey & cheese sandwich January 7, 2019	C Lunch: **Peanut Butter & Jelly Sandwich** January 8, 2019	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll January 9, 2019	S Lunch: Chef Salad January 10, 2019	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll January 11, 2019
Brunch for Lunch Turkey or Pork Sausage Patty Baby carrots w/dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Pulled Pork on a Bun(WG) French Fries Steamed Corn Assorted Fruit Choice of Milk	NEW TOP N GO BBQ Beef Nachos Lettuce & Tomato Refried Beans Assorted Fruit Choice of Milk	Breaded Chicken Patty on a Roll (WG) Cucumber Coins w/dip French Fries Assorted Fruit Choice of Milk	Big Daddy's Cheese or Pepperoni Pizza (WG) California Blend Vegetables Romaine Lettuce Salad Chilled Fruit Juice Assorted Fruit Choice of Milk
B Lunch: Grilled Chicken Sandwich January 14, 2019	C Lunch: **Peanut Butter & Jelly (WG) Dinner Roll January 15, 2019	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll January 16, 2019	S Lunch: Chef Salad January 17, 2019	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll January 18, 2019
Veggie Penne Pasta w/ Marinara Sauce & Dinner Roll (WG) Tossed Salad w/Cherry Tomatoes Chilled Fruit Juice Assorted Fruit Choice of Milk	Grilled Cheese & Tomato Sandwich (WG) Tomato Soup Steamed Broccoli Assorted Fruit Choice of Milk	NEW! Grilled Chicken Fajitas Lettuce & Tomato Baked Potato Mexicali Corn Salad Assorted Fruit Choice of Milk	French Bread Pizza(WG) Steamed Green Beans Chilled Fruit Juice Side Kick Slushies Assorted Fruit Choice of Milk	 NO SCHOOL IN -SERVICE
B Lunch: Cereal & Cheese Stick January 21, 2019	C Lunch: **Peanut Butter & Jelly Sandwich** January 22, 2019	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll January 23, 2019	S Lunch: Chef Salad January 24, 2019	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll January 25, 2019
	Grilled Turkey & Cheese on a pretzel roll (WG) Baked Chips Red Pepper Strips w/Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Hamburger or Cheeseburger (WG) Baked Golden Potato Rounds Baked Beans Celery sticks w/Dip Assorted Fruit Choice of Milk	Chicken Bites Baked Macaroni & Cheese (WG) Buttered Baby Peas Cucumber Coins w / Dip Assorted Fruit Choice of Milk	Italian Cheese Pizza or Veggie (WG) Steamed Broccoli Romaine Lettuce Salad Assorted Fruit Choice of Milk EARLY DISMISSAL
B Lunch: Hot Dog on a Bun (WG) January 28, 2019	C Lunch: **Peanut Butter & Jelly Sandwich** January 29, 2019	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll January 30, 2019	S Lunch: Chef Salad January 31, 2019	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll January 31, 2019
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 Vanilla or chocolate ice-cream dixie- cup Assorted Fruit Choice of Milk	Sloppy Joes on a Roll (WG) French Fries Red Pepper Strips/Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	FLEX DAY Managers Choice Choice of Veggie Assorted Fruit Choice of Milk	
B Lunch: Turkey & 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	

Parents are encouraged to visit: MYSCHOOLBUCKS.COM
(Please write your child's first & last name on your check)
Please make checks payable: Penn Manor Food Service

THERE IS A \$35.00 BANK CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS, CLOSED ACCOUNTS, ETC.

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