

PENN MANOR SCHOOL DISTRICT

January 2019
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 &
Cheese Hoagie,
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

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
				
		Corn dogs w/ dipping sauce (WG) Baked French Fries Steamed Corn Sidekick Fruit Slush Assorted Fruit Choice of Milk	Buffalo Chicken Fillet on a (WG) Roll w/ Lettuce & Tomato Buttered Baby Peas Baked French Fries Fruit Juice Assorted Fruit Choice of Milk	Cheese, Pepperoni or Fiestada Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
Veggie Penne Pasta w/ Marinara Sauce & Dinner Roll (WG) Tossed Salad w/Cherry Tomatoes Chilled Fruit Juice Assorted Fruit Choice of Milk	Sloppy Joes on a Roll (WG) 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	Grilled Turkey & Cheese on a pretzel roll (WG) Baked Chips Red Pepper Strips w/Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	French Bread Pizza (WG) Steamed Green Beans Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
Hamburger on a Roll (WG) Baked Golden Potato Rounds Marinated Black Bean Salad Fruit Juice Assorted Fruit Choice of Milk	NEW! Sweet & Sassy Chicken Dinner roll (WG) Whipped Potatoes Steamed country Blend Veggies Assorted Fruit Chilled Fruit Juice Choice of Milk	Stuffed Shells Tossed Salad Dinner Roll (WG) Assorted Fruit Chilled Fruit Juice Choice of Milk	Big Daddy's Cheese or Pepperoni Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	 No School - K-12 In Service
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
	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	Hot Open Face Turkey Sandwich (WG) Fluffy Whipped Potatoes Steamed Broccoli Assorted Fruit Chilled Fruit Juice Choice of Milk	Cheese, Veggie or Fiestada Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk EARLY DISMISSAL
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	
Pizza Sticks w / Dipping Sauce Glazed Carrots Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk	Hamburger or Veggie Burger on a Roll (WG) Baked Golden Potato Rounds Marinated Black Bean Salad Fruit Juice Assorted Fruit Choice of Milk	Chicken Fajita Fiesta Rice Three bean Salad Chilled Fruit Juice Assorted Fruit Choice of Milk	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 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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