

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

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Middle Schools Menu MENU SUBJECT TO CHANGE	Elem. Lunch - \$2.35	WHAT MAKES A MEAL:	Assorted A La Carte Items available from \$0.50 to \$0.85 each	
	Sec. Lunch: \$2.50/\$3.50/\$3.50/\$3.75 Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.75/\$4.50	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***	** 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
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
		Corn dogs w/ dipping sauce (WG) Baked French Fries Steamed Corn Sidekick Fruit Slush Assorted Fruit Choice of Milk	Ranch or 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 Veggie Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	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	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 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 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 IN -SERVICE
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	
	Chicken Fillet w/ onions & Peppers on a Roll (WG) Buttered Baby Peas Baked French Fries Fruit Juice Assorted Fruit Choice of Milk	Nacho Bar With toppings bar Refried Beans Baked French Fries Chilled Fruit Juice 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 Four Meat Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk EARLY DISMISSAL
Popcorn Chicken Fluffy Whipped Potatoes Steamed Broccoli Dinner Roll (WG) 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	Ham & Cheese on a Pretzel Roll Roamaine Salad w/ cherry tomatoes Chilled Fruit Juice Assorted Fruit Choice of Milk	FLEX DAY Managers Choice Choice of Veggie Assorted Fruit Choice of Milk	

Hot Alternatives:
Bacon Cheeseburger, Hamburger, BBQ Chicken Sandwich, Chicken Fillet Sandwich, Boneless Wings, Meatball Hoagie, Personal Pan Pizza, Fish Sandwich.

Cold Alternatives:
Sweet Bologna Sandwich, Turkey Sandwich, Ham & Cheese Sandwich, PBJ, Turkey & Cheese Hoagie, Ham & Cheese Hoagie, American Hoagie, Ham & Cheese Wrap, Turkey Wrap

Salad Bar
Items: (subject to change upon availability)
Spring Mix, Iceberg/Romaine mix, Spinach, Red Beets, Chick Peas, Green/Black Olives, Tomatoes, Celery, Pickles, Cucumbers, Red/Green Peppers, Black Beans, Kidney Beans, Onions, Broccoli, Carrots, Macaroni Salad, Potato Salad, Cole Slaw, Tuna Salad, Diced Chicken, Diced Ham, Diced Turkey, Diced Hard Boiled Eggs, Red Beet Eggs, Cottage Cheese, Shredded Mozzarella/Cheddar Cheese, Assorted Fruit, Assorted Light Dressings, WG Dinner Rolls, WG Croutons, Butter, Chinese Noodles

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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