

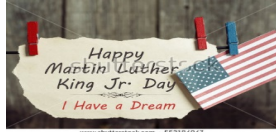



PENN MANOR SCHOOL DISTRICT
January 2019
BREAKFAST MENU

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.

BREAKFAST MENU Available Daily: Assorted Cereals w/Toast Chilled Fruit Chilled Fruit Juice Choice of Milk	High School Breakfast - \$1.50 Elem. Breakfast - \$1.25 Reduced Breakfast - \$0.30 Student Milk - \$0.60 Adult Breakfast - \$2.00		We welcome your comments, questions and suggestions. Contact the Food Services Department: Food Services - 717- 872-9500 ext. 2228	
MONDAY	TUESDAY January 1, 2019	WEDNESDAY January 2, 2019	THURSDAY January 3, 2019	FRIDAY January 4, 2019
		Dutch Waffle w/ Fruit or Sausage McComet Chilled Fruit and Fruit Juice Choice of Milk	Breakfast Pizza or Breakfast stick Chilled Fruit and Fruit Juice Choice of Milk	Scrambled Eggs & Turkey Sausage/ Toast or Apple of Cherry Frudel Chilled Fruit and Fruit Juice Choice of Milk
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
Pancakes w/syrup or Sausage McComet Chilled Fruit and Fruit Juice Choice of Milk	Ham McComet or Cinnamon or Strawberry Mini Bagel Chilled Fruit and Fruit Juice Choice of Milk	Choice of Muffin & Cheese stick or Breakfast Stick w/Syrup Chilled Fruit and Fruit Juice Choice of Milk	Scrambled Eggs, Bacon & Toast or French Toast Sticks Chilled Fruit and Fruit Juice Choice of Milk	Pancakes with syrup or Breakfast Pizza Chilled Fruit and Fruit Juice Choice of Milk
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
Cheese Omelette & Toast or French Toast Sticks Chilled Fruit and Fruit Juice Choice of Milk	Dutch Waffle w/ peaches or Sausage McComet Chilled Fruit and Fruit Juice Choice of Milk	Scrambled Eggs, Turkey Sausage & Toast or Apple or Cherry Frudel Chilled Fruit or Fruit Juice Choice of Milk	Pancakes w/Syrup or Breakfast Stick Chilled Fruit and Fruit Juice Choice of Milk	
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
	Choice of muffin & Cheese stick or Panacakes w/ syrup Chilled Fruit and Fruit Juice Choice of Milk "Lucky Breakfast Tray day"	Ham McComet or Cinnamon or Strawberry Mini Bagel Chilled Fruit and Fruit Juice Choice of Milk	Breakfast Pizza or Breakfast stick Chilled Fruit and Fruit Juice Choice of Milk	French Toast Sticks or Grape or Chocolate Crescent Chilled Fruit and Fruit Juice Choice of Milk EARLY DISMISSAL
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	
Egg & Cheese Biscuits (WG) or Grape or Chocolate Crescent Chilled Fruit and Fruit Juice Choice of Milk	Breakfast Pizza or Breakfast stick Chilled Fruit and Fruit Juice Choice of Milk	Cheese Omelette & Toast or French Toast Sticks Chilled Fruit and Fruit Juice Choice of Milk	Flex Day Chilled Fruit and Fruit Juice Choice of Milk	

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

Parents are encouraged to purchase for their child pre-paid meals!
(Please write your child's first & last name on your check)
Please make checks payable: Penn Manor Food Service

*****THERE IS A \$35.00 CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS.

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.