Penn Manor School District February 2019 Elementary 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

MENU SUBJECT TO CHANGE	Elem. Lunch - \$2.35	WHAT MAKES A MEAL:		
IENU SUBJECT TO CHANGE	Sec. Lunch:	Choose three of five components		
Prutts Grains Dairy	\$2.50/\$3.50/\$3.75	"Protein, Milk, Grain, Fruit & Veggies	We welcome your comments, questions and suggestions. Contact the Food Services Department:	
Vegetables Protein	Reduced Lunch - \$0.40	ne of which must be 1/2c fruit or1/2c veggies		
	Student Milk - \$0.60	For a reimbursable lunch.	Food Services - 717- 872-9500 ext.	
Choose MyPlate .gov	Adult Lunch- \$3.75/\$4.50		1 000 00111000 111 012 0000 0XII	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				February 1, 2019
Try our new "munchable meal kit" as a B lunch		Did You know? If you could drive to the sun at 55 miles per hour it would take about 193 years		Multi-cheese Garlic French Bread Pizza (WG) Steamed Green Beans Chilled Fruit Juice Side Kick Slushies Assorted Fruit Choice of Milk
3 Lunch: Turkey & Cheese Sandwich	C Lunch: **Peanut Butter & Jelly	Conducieb **	D Lunch: 4 oz. Yogurt & String	Channa & Dinnay Ball
February 4, 2019	February 5, 2019	February 6, 2019	February 7, 2019	February 8, 2019
r ebruary 4, 2013	l ebidary 3, 2013	r ebruary 0, 2013	l ebidary 1, 2019	l esidary 0, 2013
Chicken Bites Baked Macaroni & Cheese (WG) Buttered Baby Peas Cucumber Coins w / Dip Assorted Fruit Choice of Milk	Grilled Cheese Sandwich(WG) Tomato Soup Baby carrorts widip Assorted Fruit Choice of Milk	Beef Stew Dinner Roll (WG) Stemed Green Beans Mashed Potates Chilled Fruit Juice Assorted Fruit Choice of Milk	Hot Dog on a Bun (WG) Cucumber Coins widip 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	C Lunch: **Peanut Butter & Jelly		D Lunch: 4 oz. Yogurt & String	
February 11, 2019	February 12, 2019	February 13, 2019	February 14, 2019	February 15, 2019
Pasta w/ Meat Sauce & Dinner Roll (WG) Tossed Salad w/Cherry Tomatoes Assorted Fruit Choice of Milk	Grilled Cheese & Tomato Sandwich (WG) Tomato Soup Steamed Broccoli Assorted Fruit Choice of Milk	Apple Filled Churro (WG) Turkey or Pork Sausage Patty Red Pepper Strips w/dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Valentine's Day Mini Corn dogs w'dipping sauce (WG) Baked French Fries Steamed Corn Assorted Fruit Choice of Milk Cookie with Lunch	Cheese or Four Meat Pizza Steamed Green Beans Chilled Fruit Juice Side Kick Slushies Assorted Fruit Choice of Milk WEATHER MAKE UP - VACATION
3 Lunch: Ham & Cheese Munchable February 18, 2019	C Lunch: **Peanut Butter & Jelly February 19, 2019	Sandwich ** February 20, 2019	D Lunch: 4 oz. Yogurt & String February 21, 2019	Cheese & Dinner Roll February 22, 2019
PRESIDENTS DAY!	Hamburger or Cheeseburger (WG) Baked Golden Potato Rounds Baked Beans Celery sticks w/Dip Assorted Fruit Choice of Milk	Grilled Ham & Cheese on a pretzel roll (WG) Red Pepper Strips w/Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Stuffed Shells Tossed Salad Dinner Roll (WG) Assorted Fruit Choice of Milk	Cheese Pizza or Mexican Pizza (WG Steamed Broccoli Romaine Lettuce Salad Assorted Fruit Choice of Milk
3 Lunch: Hot Dog on a Bun (WG)	C Lunch: **Peanut Butter & Jelly	Sandwich **	D Lunch: 4 oz. Yogurt & String	Cheese & Dinner Roll
February 25, 2019	February 26, 2019	February 27, 2019	February 28, 2019	
Chicken Patty on a Roll (WG) French Fries Celery Sticks w / Dip Assorted Fruit Choice of Milk	Soft or Hard Beef tacos Lettuce & Tomato Refried Beans Sidekick Fruit Slush Assorted Fruit Choice of Milk	Hamburger on a Roll (WG) French Fries Red Pepper Strips/Dip Assorted Fruit Chilled Fruit Julice Choice of Milk	FLEX DAY Managers Choice Choice of Veggie Assorted Fruit Choice of Milk	KETCHUP WAS JOLD AS MEDICINE IN THE 1830'S
B Lunch: Turkey & Cheese Sandwich	C Lunch: **Peanut Butter & Jelly	l Sandwich **	D Lunch: 4 oz. Yogurt & String	Cheese & Dinner Roll
•	MENUS ARE ALSO ON T	HE SCHOOL DISTRICT'S WEBSITE -	www.pennmanor.net	•
Assorted A La Carte items available	from \$0.50 to \$0.85 each			·
**		**		
** S Lunch: Chef Salad Available Every Wednesday Only ** Parents are encouraged to visit: MYSCHOOLBUCKS.COM (Please write your child's first & last name on your check)			Yogurt & String Cheese - D Lunch Nutritional Information: Calories - 190, Fat - 7 grams	
Please make checks payable: Penn Manor Food Service			** Contains Peanuts And / Or Nuts **	
THERE IS A \$35.00 BANK CHARGE FO		BANK DUE TO INSUFFICIENT FUNDS		
IN ACCORDANCE WITH FEDERAL L BASIS OF RACE, COLOR, NATIONAL O	AW AND U.S. DEPARTMENT OF AGF RIGIN, SEX, AGE OR DISABILITY. TO UILDING, 1400 INDEPENDENCE AVE	RICULTURE POLICY, THIS INSTITUTI	ON IS PROHIBITED FROM DISCRIMI	FICE OF CIVIL

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