

**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:		
		Sec. Lunch: \$2.50/\$3.50/\$3.50/\$3.75 Reduced Lunch - \$0.40 Student Milk - \$0.60 Adult Lunch-\$3.75/\$4.50	Choose three of five components *Protein, Milk, Grain, Fruit & Veggies <i>one of which must be 1/2c fruit or 1/2c veggies</i> For a reimbursable lunch.	We welcome your comments, questions and suggestions. Contact the Food Services Department: Food Services - 717- 872-9500 ext. 2228	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				February 1, 2019	
					
B Lunch: Turkey & Cheese Sandwich	C Lunch: **Peanut Butter & Jelly Sandwich **	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll			
February 4, 2019	February 5, 2019	February 6, 2019	February 7, 2019	February 8, 2019	
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 carrots w/dip Assorted Fruit Choice of Milk		Hot Dog on a Bun (WG) Cucumber Coins w/dip French Fries Assorted Fruit Choice of Milk		
B Lunch: Grilled Chicken Sandwich	C Lunch: **Peanut Butter & Jelly (WG) Dinner Roll	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll			
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				
B Lunch: Ham & Cheese Munchable	C Lunch: **Peanut Butter & Jelly Sandwich **	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll			
February 18, 2019	February 19, 2019	February 20, 2019	February 21, 2019	February 22, 2019	
	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		
B 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 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			
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 FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS, CLOSED ACCOUNTS, ETC.					
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.					