

PENN MANOR SCHOOL DISTRICT
February 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.	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 NEW Cheese, Mexican or Veggie Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	
				February 8, 2019 NEW Multi-cheese Garlic French Bread Pizza (WG) Steamed Green Beans Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk	
February 4, 2019 NEW BOWL WITH IT! Popcorn chicken, corn, mashed Potatoes & Gravy served in bowl Dinner Roll (WG) Steamed Peas Chilled Fruit Juice Assorted Fruit Choice of Milk	February 5, 2019 Grilled Cheese Sandwich (WG) Tomato Soup Tossed Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk	February 6, 2019 NEW Beef Stew Dinner Roll (WG) Stemed Green Beans Mashed Potatoes Chilled Fruit Juice Assorted Fruit Choice of Milk	February 7, 2019 Hot Open Face Turkey Sandwich (WG) Fluffy Whipped Potatoes Steamed Broccoli Assorted Fruit Chilled Fruit Juice Choice of Milk	February 11, 2019 Hamburger on a Roll (WG) Baked Golden Potato Rounds Baby Carrots w/Dip Fruit Juice Assorted Fruit Choice of Milk	
February 11, 2019	February 12, 2019	February 13, 2019	February 14, 2019	February 15, 2019 Cheese or Pepperoni Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk WEATHER MAKE UP - VACATION	
February 18, 2019	February 19, 2019	February 20, 2019	February 21, 2019	February 22, 2019 Cheese or Mexican Pizza (WG) Baked Sweet Potato Fries Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	
	NEW Chicken Tender Parmesan on a Roll (WG) Tossed Salad w/Cherry Tomatoes Chilled Fruit Juice Assorted Fruit Choice of Milk	Grilled Ham & Cheese on a pretzel roll (WG) Baked Chips Red Pepper Strips w/Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Pulled Pork on a Roll (WG) French Fries Glazed Carrots Assorted Fruit Chilled Fruit Juice Choice of Milk	February 25, 2019 Popcorn Chicken Fluffy Whipped Potatoes Steamed Broccoli Dinner Roll (WG) Assorted Fruit Chilled Fruit Juice Choice of Milk	
February 25, 2019	February 26, 2019	February 27, 2019 NEW BOWL WITH IT! Meatballs, Marinara sauce, Mozzarella cheese & Pasta served in bowl Dinner Roll (WG) Steamed Carrots Assorted Fruit Choice of Milk	February 28, 2019 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 purchase for their child pre-paid meals!

** Contains Peanuts And / Or Nuts **

(Please write your child's first & last name on your check)
 Please make checks payable: Penn Manor Food Service

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.

THERE IS A \$35.00 BANK CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS, CLOSED ACCOUNTS, ETC.