


**Penn Manor School District
February 2019
Middle School 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.

Middle Schools Menu MENU SUBJECT TO CHANGE	Elem. Lunch - \$2.35	WHAT MAKES A MEAL:	We welcome your comments, questions and suggestions.	
	Sec. Lunch: \$2.50/\$3.50/\$3.50/\$3.75 Reduced Lunch - \$4.00 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.	Contact the Food Services Department: Food Services - 717- 872-9500 ext. 2228	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Did You Know? If you could drive to the sun -- at 55 miles per hour -- it would take about 193 years</p>	 <p>Walking is Fun!</p>	 <p>KETCHUP WAS SOLD AS MEDICINE IN THE 1830's</p>	 <p>SUPER BOWL</p>	 <p>Cheese, Mexican or Veggie Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk</p>
February 4, 2019	February 5, 2019	February 6, 2019	February 7, 2019	February 8, 2019
Popcorn Chicken Fluffy Whipped Potatoes Steamed Broccoli Dinner Roll (WG) 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	 <p>Beef Stew Dinner Roll (WG) Stemed Green Beans Mashed Potatoes Chilled Fruit Juice Assorted Fruit Choice of Milk</p>	Hot Open Face Turkey Sandwich (WG) Fluffy Whipped Potatoes Steamed Broccoli Assorted Fruit Chilled Fruit Juice Choice of Milk	 <p>Multi-cheese Garlic French Bread Pizza (WG) Steamed Green Beans Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk</p>
February 11, 2019	February 12, 2019	February 13, 2019	February 14, 2019	February 15, 2019
Hamburger on a Roll (WG) Baked Golden Potato Rounds Baby Carrots w/Dip Fruit Juice Assorted Fruit Choice of Milk	 <p>Stuffed Shells Tossed Salad Dinner Roll (WG) Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	Sweet & Sour Chicken w/ Rice w/ Dinner roll (WG) Baked French Fries Steamed broccoli Assorted Fruit Chilled Fruit Juice Choice of Milk	 <p>Corn dogs w/ dipping sauce (WG) Tossed French Fries Steamed Corn Sidekick Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk</p> 	<p>Cheese or Pepperoni Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk</p> <p>WEATHER MAKE UP - VACATION</p>
February 18, 2018	February 19, 2018	February 20, 2018	February 21, 2018	February 22, 2018
 <p>HAPPY PRESIDENTS DAY!</p>	 <p>Chicken Tender Parmesan on a Roll (WG) Tossed Salad w/Cherry Tomatoes Chilled Fruit Juice Assorted Fruit Choice of Milk</p>	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	Cheese or Mexican Pizza (WG) Baked Sweet Potato Fries Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk
February 25, 2019	February 26, 2019	February 27, 2019	February 28, 2019	
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 Veggie boat w/Dip Fruit Juice Assorted Fruit Choice of Milk	 <p>BOWL WITH IT! Meatballs, Marinara sauce, Mozzarella cheese & Pasta served in bowl Dinner Roll (WG) Steamed Broccoli Assorted Fruit Choice of Milk</p>	<p>FLEX DAY Managers Choice Choice of Veggie Assorted Fruit Choice of Milk</p>	 <p>Spring is Coming!</p>

Hot Alternatives:
 Bacon Cheeseburger, Hamburger, BBQ Chicken Sandwich, Chicken Filet 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 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.