





**Penn Manor School District  
March 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](http://www.mySchoolBucks.com). Create a secure account and never

		<p>Elem. Lunch - \$2.35 Sec. Lunch: \$2.50/\$3.50/\$3.75 Reduced Lunch - \$0.40 Student Milk - \$0.60 Adult Lunch- \$3.75/\$4.50</p>	<p><b>WHAT MAKES A MEAL:</b> Choose three of five components "Protein, Milk, Grain, Fruit &amp; Veggies one of which must be 1/2c fruit or 1/2c veggies For a reimbursable lunch.</p>	<p>We welcome your comments, questions and suggestions. Contact the Food Services Department: Food Services - 717- 872-9500 ext. 2228</p>	
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
				<b>March 1, 2019</b>	
<p><b>NEW</b></p> <p align="center">Try our new "munchable meal kit" as a B lunch</p> <p><b>NEW</b></p>	<p><b>DID YOU KNOW?</b></p> <p>You can speed up the ripening of a pineapple by standing it upside down.</p> 		<p><b>DID YOU KNOW?</b></p> <p>A chameleon's tongue is twice the length of its body.</p> 	<p>Cheese or Veggie Pizza Steamed Green Beans Side Kick Slushies Assorted Fruit Choice of Milk Early Dismissal</p>	
<b>B Lunch: Ham &amp; Cheese Munchable</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>		
March 4, 2019	March 5, 2019	March 6, 2019	March 7, 2019	March 8, 2019	
<p>Chicken Bites Baked Macaroni &amp; Cheese (WG) Red pepper Strips w / Dip Assorted Fruit Choice of Milk</p>	<p>Grilled Cheese Sandwich (WG) Tomato Soup Baby carrots w/dip Assorted Fruit Choice of Milk</p>	<p><b>Top N Go Beef Nachos</b> Refried Beans Baked Potato Lettuce &amp; Tomato Assorted Fruit Choice of Milk</p>	<p>Breaded Chicken Patty on a Roll (WG) Cucumber Coins w/dip French Fries Assorted Fruit Choice of Milk</p>	<p>Cheese or Pepperoni Pizza (WG) California Blend Vegetables Romaine Lettuce Salad Chilled Fruit Juice Assorted Fruit Choice of Milk</p>	
<b>B Lunch: Hamburger on a bun</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll (WG)</b>			
March 11, 2019	March 12, 2019	March 13, 2019	March 14, 2019	March 15, 2019	
<p>Hamburger or Cheeseburger (WG) Baked Golden Potato Rounds Glazed Carrots Celery sticks w/Dip Assorted Fruit Choice of Milk</p>	<p>Lasagna Roll Ups Tossed Salad w/Cherry Tomatoes Dinner Roll (WG) Assorted Fruit Choice of Milk</p>	<p>Hot Dog on a Bun (WG) Oven Baked French Fries Baked Beans Assorted Fruit Choice of Milk</p>	<p>Pasta w/ Meat Sauce &amp; Dinner Roll (WG) Tossed Salad w/Cherry Tomatoes Assorted Fruit Choice of Milk</p>	<p>French Bread Pizza (WG) Steamed Green Beans Chilled Fruit Juice Assorted Fruit Choice of Milk</p>	
<b>B Lunch: Chicken Patty on a Bun</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll (WG)</b>			
March 18, 2019	March 19, 2019	March 20, 2019	March 21, 2019	March 22, 2019	
<p>Mini Corn dogs w/ dipping sauce (WG) Baked French Fries Steamed Corn Sidekick Fruit Slush Assorted Fruit Choice of Milk</p>	<p><b>NEW</b></p> <p>Beef Stroganoff with Brown Rice &amp; Dinner Roll (WG) Glazed Carrots Assorted Fruit Choice of Milk</p>	<p>Grilled Ham &amp; Cheese on a pretzel roll (WG) Red Pepper Strips w/Dip Assorted Fruit Choice of Milk</p>	<p>Sloppy Joes on a Roll (WG) French Fries Baked Vegetarian Beans Assorted Fruit Choice of Milk</p>	<p>Cheese Pizza or Mexican Pizza (WG) Steamed Broccoli Romaine Lettuce Salad Assorted Fruit Choice of Milk Early Dismissal</p>	
<b>B Lunch: Pepperoni Pizza Munchable</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll (WG)</b>			
March 25, 2019	March 26, 2019	March 27, 2019	March 28, 2019	March 29, 2019	
<p>Chicken Tenders Whipped Potatoes Steamed Baby Peas Dinner roll (WG) Assorted Fruit Choice of Milk</p>	<p>Beef tacos Lettuce, Shredded Cheese &amp; Tomato Refried Beans Assorted Fruit Choice of Milk</p>	<p>Shepards Pie Red Pepper Strips/Dip Assorted Fruit Chilled Fruit Juice Choice of Milk</p>	<p>Cheese or Pepperoni Pizza (WG) California Blend Vegetables Romaine Lettuce Salad Chilled Fruit Juice Assorted Fruit Choice of Milk</p>	<p><b>FLEX DAY</b> Managers Choice Choice of Veggie Assorted Fruit Choice of Milk</p>	
<b>B Lunch: Hot Dog On A Bun (WG)</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll (WG)</b>			
<p><b>MENUS ARE ALSO ON THE SCHOOL DISTRICT'S WEBSITE - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b></p>					
<p>Assorted A La Carte items available from \$0.50 to \$0.85 each</p>					
<p><b>** S Lunch: Chef Salad Available Every Wednesday Only **</b></p>			<p>Yogurt &amp; String Cheese - D Lunch Nutritional Information: Calories - 190, Fat - 7 grams</p>		
<p>Parents are encouraged to visit: <a href="http://MYSCHOOLBUCKS.COM">MYSCHOOLBUCKS.COM</a> (Please write your child's first &amp; last name on your check)</p>			<p><b>** Contains Peanuts And / Or Nuts **</b></p>		
<p>Please make checks payable: Penn Manor Food Service</p>					
<p>THERE IS A \$35.00 BANK CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS, CLOSED ACCOUNTS, ETC.</p>					
<p>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.</p>					