



PENN MANOR SCHOOL DISTRICT

March 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&  
CheeseHoagie,  
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/Cheeddar  
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 March 1, 2019
				Cheese, Mexican or Veggie Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk <b>EARLY DISMISSAL</b>
<i>Did you know...?</i> Aluminum dumped into our landfills today will remain there for over 200 years.				
March 4, 2019	March 5, 2019	March 6, 2019	March 7, 2019	March 8, 2019
Popcorn Chicken Fluffy Whipped Potatoes Steamed Broccoli Dinner Roll (WG) Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Burger on a Roll (WG) Baked Golden Potato Rounds Baby Carrots W/Dip Fruit Juice Assorted Fruit Choice of Milk	<b>NEW</b> Chicken Penne Pasta Tossed Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>Baked Potato Bar</b> with all the toppings Chili,cheese,broccoli,Salsa & Sour cream Red Pepper Strips w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Fish Sandwich w/ lettuce & tomato Baked Sweet potato fries Steamed green beans Assorted Fruit Chilled Fruit Juice Choice of Milk
March 11, 2019	March 12, 2019	March 13, 2019	March 14, 2019	March 15, 2019
<b>NEW</b> Baked Spaghetti Tossed Salad with Cherry Tomatoes 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	Cheese or Veggie Pizza (WG) Baked French Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Sloppy Joes on a Roll (WG) French Fries Red Pepper Strips/Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Top N Go Beef Nachos Refried Beans Baked Potato Lettuce & Tomato Assorted Fruit Choice of Milk
March 18, 2019	March 19, 2019	March 20, 2019	March 21, 2019	March 22, 2019
Chicken Tender Parmesan on a Roll (WG) Tossed Salad w/Cherry Tomatoes Chilled Fruit Juice Assorted Fruit Choice of Milk	<b>NEW</b> Beef Stroganoff with Brown Rice & Dinner Roll (WG) Glazed Carrots Assorted Fruit Choice of Milk	Sloppy Joes on a Roll (WG) French Fries Red Pepper Strips/Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Pulled Pork on a Roll (WG) French Fries Coleslaw Assorted Fruit Chilled Fruit Juice Choice of Milk	Cheese or Mexican Pizza (WG) Baked Sweet Potato Fries French Fries Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk <b>EARLY DISMISSAL</b>
March 25, 2019	March 26, 2019	March 27, 2019	March 28, 2019	March 29, 2019
Popcorn Chicken Fluffy Whipped Potatoes Steamed Broccoli Dinner Roll (WG) Assorted Fruit Chilled Fruit Juice Choice of Milk	Hot Dog w/Roll (WG) Baked Macaroni & Cheese Relish tray Assorted Fruit Chilled Fruit Juice Choice of Milk	Pasta with Meat Sauce Dinner Roll (WG) Tossed Salad w/Cherry Tomatoes Assorted Fruit Choice of Milk	French Bread Pizza (WG) Steamed Green Beans Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>FLEX DAY Managers Choice Choice of Veggie Assorted Fruit Choice of Milk</b>

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.