


**Penn Manor School District
March 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 Sec. Lunch: \$2.50/\$3.50/\$3.50/\$3.75 Reduced Lunch - \$.40 Student Milk - \$.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 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	NEW! Chicken Penne Pasta Tossed Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk	Baked Potato Bar with all the toppings Chili,cheese,broccoli,Salsa & Sour cream Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	French Bread Pizza (WG) Steamed Green Beans Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk
March 11, 2019	March 12, 2019	March 13, 2019	March 14, 2019	March 15, 2019
NEW! Baked Spaghetti Tossed Salad 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	Top N Go Beef Nachos Refried Beans Baked Potato Lettuce & Tomato Assorted Fruit Choice of Milk	Chicken & Cheese Quesadilla Fiesta Rice Mexicali corn Chilled 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
March 18, 2018	March 19, 2018	March 20, 2018	March 21, 2018	March 22, 2018
Chicken Tender Parmesan on a Roll (WG) Tossed Salad w/Cherry Tomatoes Chilled Fruit Juice Assorted Fruit Choice of Milk	NEW! 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 Steam Green Beans 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 EARLY DISMISSAL
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) Three Bean salad Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk	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.

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