

**Penn Manor School District
APRIL 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. 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>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.</p>	<p>We welcome your comments, questions and suggestions. Contact the Food Services Department: Food Services - 717- 872-9500 ext. 2228</p>	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
April 1, 2019	April 2, 2019	April 3, 2019	April 4, 2019	April 5, 2019	
Pizza Sticks w / Dipping Sauce Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Hot Dog on a Bun (WG) Oven Baked French Fries Pepper Strips w/Dip Assorted Fruit Choice of Milk	Soft or Hard Beef Taco's Refried Beans Baked Potato Lettuce & Tomato Assorted Fruit Choice of Milk	Pulled Pork on a Bun (WG) Mac & Cheese Baked Vegetarian Beans Assorted Fruit Choice of Milk	Cheese or Veggie Pizza Steamed Green Beans Side Kick Slushies Assorted Fruit Choice of Milk	
B Lunch: Ham & Cheese Munchable	C Lunch: **Peanut Butter & Jelly Sandwich**		D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll		
April 8, 2019	April 9, 2019	April 10, 2019	April 11, 2019	April 12, 2019	
Chicken Bites Creamy mashed Potatoes Red Pepper Strips w / Dip Assorted Fruit Choice of Milk	Pizza Burger or Hamburger (WG) Baked Golden Potato Rounds Celery sticks w/Dip Assorted Fruit Choice of Milk	Grilled Cheese Sandwich (WG) Tomato Soup Baby carrots w/dip Assorted Fruit Choice of Milk	Breaded Chicken Patty on a Roll (WG) Cucumber Coins w/dip French Fries Assorted Fruit Choice of Milk	Cheese or Pepperoni Pizza (WG) California Blend Vegetables Romaine Lettuce Salad Chilled Fruit Juice Assorted Fruit Choice of Milk	
B Lunch: Hot Dog on a Bun (WG)	C Lunch: **Peanut Butter & Jelly Sandwich	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll (WG)			
April 15, 2018	April 16, 2018	April 17, 2018	April 18, 2018	April 19, 2018	
Hamburger or Cheeseburger (WG) Baked Golden Potato Rounds Glazed Carrots Fruit Assorted Choice of Milk	Turkey tacos Lettuce, Shredded Cheese & Tomato Refried Beans Assorted Fruit Choice of Milk	Pasta w/ Meat Sauce & Dinner Roll (WG) Tossed Salad w/Cherry Tomatoes Assorted Fruit Choice of Milk	French Bread Pizza (WG) Steamed Green Beans Chilled Fruit Juice Assorted Fruit Choice of Milk	 SPRING BREAK NO SCHOOL	
B Lunch: Chicken Patty on a Bun	C Lunch: **Peanut Butter & Jelly Sandwich**		D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll (WG)		
April 22, 2019	April 23, 2019	April 24, 2019	April 25, 2019	April 26, 2019	
 SPRING BREAK NO SCHOOL	Lasagna Roll Ups Tossed Salad w/Cherry Tomatoes Dinner Roll (WG) Assorted Fruit Choice of Milk	Grilled Ham & Cheese on a pretzel roll (WG) Red Pepper Strips w/Dip Assorted Fruit Choice of Milk	Sloppy Joes on a Roll (WG) French Fries Baked Vegetarian Beans Assorted Fruit Choice of Milk	Cheese Pizza or Mexican Pizza (WG) Steamed Broccoli Romaine Lettuce Salad Assorted Fruit Choice of Milk	
B Lunch: Ham & Cheese Sandwich	C Lunch: **Peanut Butter & Jelly Sandwich**		D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll (WG)		
April 29, 2019	April 30, 2019				
Chicken Tenders Whipped Potatoes Steamed Baby Peas Dinner roll (WG) Assorted Fruit Choice of Milk	<p>FLEX DAY Managers Choice Choice of Veggie Assorted Fruit Choice of Milk</p>				
B Lunch: Cereal & Cheese Stick	C Lunch: **Peanut Butter & Jelly Sandwich**		D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll (WG)		

Assorted A La Carte items available from \$0.50 to \$0.85 each

** S Lunch: Chef Salad Available Every Wednesday Only **

Parents are encouraged to visit: MYSCHOOLBUCKS.COM
(Please write your child's first & last name on your check)

Yogurt & String Cheese - D Lunch Nutritional Information:
Calories - 190, Fat - 7 grams

** Contains Peanuts And / Or Nuts **

Please make checks payable: Penn Manor Food Service

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

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.