

PENN MANOR SCHOOL DISTRICT

APRIL 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 & Cheese Hoagie, 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/Cheddar 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 April 1, 2019	TUESDAY April 2, 2019	WEDNESDAY April 3, 2019	THURSDAY April 4, 2019	FRIDAY April 5, 2019
 Chicken Tender Parmesan on a Roll (WG) Red Pepper Strips w/Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Pasta with Meat Sauce Dinner Roll (WG) Tossed Salad w/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk	Hot Dog w/Roll (WG) Baked Macaroni & Cheese Veggie Boat Assorted Fruit Chilled Fruit Juice Choice of Milk	Sweet & Sour Chicken w/ Asian style rice w/ Dinner roll (WG) Steamed broccoli Assorted Fruit Chilled Fruit Juice Choice of Milk	Cheese, Mexican or Veggie Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk
April 8, 2019	April 9, 2019	April 10, 2019	April 11, 2019	April 12, 2019
Popcorn Chicken Fluffy Whipped Potatoes Steamed Broccoli Dinner Roll (WG) Assorted Fruit Chilled Fruit Juice Choice of Milk	Turkey Tacos w / Lettuce & Tomato Baked Potato Mexicali Corn Salad Assorted Fruit Chilled Fruit Juice Choice of Milk	Pulled Pork on a Bun (WG) French Fries Coleslaw Steamed Corn 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	Hot Ham & Cheese on a Pretzel Roll (WG) w/ lettuce & tomato Baked Sweet potato fries Steamed green beans Assorted Fruit Chilled Fruit Juice Choice of Milk
April 15, 2019	April 16, 2019	April 17, 2019	April 18, 2019	April 19, 2019
Pizza Sticks w / Dipping Sauce Glazed Carrots Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk	Hamburger or Veggie Burger on a Roll (WG) Baked Golden Potato Rounds Veggie boat W/Dip Assorted Fruit Chilled Fruit Juice 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	 SPRING BREAK NO SCHOOL
April 22, 2019	April 23, 2019	April 24, 2019	April 25, 2019	April 26, 2019
 SPRING BREAK NO SCHOOL	<b>Nacho Bar</b> with all the toppings Taco meat, Shredded Cheese, Salsa & Sour cream Red Pepper Strips w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Sloppy Joes on a Roll (WG) French Fries Celery Sticks /Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Breaded Chicken Patty Plain or Spicy on a Roll (WG) Glazed Carrots French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	Cheese or Mexican Pizza (WG) Baked Sweet Potato Fries Tossed Salad w/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk
April 29, 2019	April 30, 2019	 DID YOU KNOW? AN ACT OF KINDNESS CAN: ✓ DECREASE STRESS ✓ BOOST HAPPINESS ✓ LOWER BLOOD PRESSURE ✓ RELEASE FEEL-GOOD CHEMICALS (endorphins & serotonin) ✓ INSPIRE MORE KINDNESS! kindnessmatters.org	 Did You Know? That You Can Light A Room With A Potato? BODYMINDSOULSPIRIT.COM	

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.