

**Penn Manor School District
APRIL 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 1/2oz fruit or 1/2oz 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
April 1, 2019 Chicken Tender Parmesan on a Roll (WG) Red Pepper Strips w/Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	April 2, 2019 Sloppy Joes on a Roll (WG) French Fries Celery Sticks /Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	April 3, 2019 Hot Dog w/Roll (WG) Baked Macaroni & Cheese Veggie Boat Assorted Fruit Chilled Fruit Juice Choice of Milk	April 4, 2019 Sweet & Sour Chicken w/ Asian style rice w/ Dinner roll (WG) Steamed broccoli Assorted Fruit Chilled Fruit Juice Choice of Milk	April 5, 2019 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 Popcorn Chicken Fluffy Whipped Potatoes Steamed Broccoli Dinner Roll (WG) Assorted Fruit Chilled Fruit Juice Choice of Milk	April 9, 2019 Turkey Tacos w / Lettuce & Tomato Baked Potato Mexicali Corn Salad Assorted Fruit Chilled Fruit Juice Choice of Milk	April 10, 2019 Pulled Pork on a Bun (WG) French Fries Coleslaw Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	April 11, 2019 French Bread Pizza (WG) Steamed Green Beans Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk	April 12, 2019 Grilled Chicken on a roll (WG) w/ lettuce & tomato Baked Sweet potato fries Steamed green beans Assorted Fruit Chilled Fruit Juice Choice of Milk	
April 15, 2019 Pizza Sticks w / Dipping Sauce Glazed Carrots Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk	April 16, 2019 Hamburger or Veggie Burger on a Roll (WG) Baked Golden Potato Rounds Veggie boat W/Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	April 17, 2019 Cheese or Veggie Pizza (WG) Baked French Fries Veggie boat w / Dip Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	April 18, 2019 Pasta with Meat Sauce Dinner Roll (WG) Tossed Salad w/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk	 SPRING BREAK NO SCHOOL	
April 22, 2019 SPRING BREAK NO SCHOOL	April 23, 2019 Nacho Bar with all the toppings Taco meat, Shredded Cheese, Salsa & Sour cream Red Pepper Strips w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	April 24, 2019 Sloppy Joes on a Roll (WG) French Fries Celery Sticks /Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	April 25, 2019 Breaded Chicken Patty Plain or Spicy on a Roll (WG) Glazed Carrots French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	April 26, 2019 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 Popcorn Chicken Fluffy Whipped Potatoes Steamed Baby Peas Dinner Roll (WG) Assorted Fruit Chilled Fruit Juice Choice of Milk	April 30, 2019 FLEX DAY Managers Choice Choice of Veggie Assorted Fruit Choice of Milk				

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

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.