

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.

| | | | | | |
|---|--|---|---|--|--|
| Elementary Menu MENUS SUBJECT TO CHANGE | | Elem. Lunch - \$2.35 Sec. Lunch: \$2.50/\$3.50/\$3.75 Reduced Lunch - \$4.40 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: 717 - 872-9500 ext. 2228 | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| | | May 1, 2019 | May 2, 2019 | May 3, 2019 | |
| | | Pulled Pork on a Bun (WG) Golden Potato Rounds Baked Beans Assorted Fruit Choice of Milk | Chicken Bites (WG) Fluffy Whipped Potatoes Steamed Green Beans Dinner Roll (WG) Assorted Fruit Choice of Milk | Italian Cheese Pizza (WG) California Blend Vegetables Romaine Lettuce Salad Chilled Fruit Juice Assorted Fruit Choice of Milk | |
| B Lunch: Egg McComet May 6, 2019 | C Lunch: **Peanut Butter & Jelly Sandwich** May 7, 2019 | D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll May 8, 2019 | May 9, 2019 | May 10, 2019 | |
| Chicken Nuggets w/ Dinner Roll (WG) French Fries Steamed Corn Assorted Fruit Choice of Milk | Sloppy Joes on a Roll (WG) Baked Chips Baked Beans Assorted Fruit Choice of Milk | Lasagna Roll-Up / Marinara Sauce (WG) Romaine Lettuce Salad Dinner Roll (WG) Chilled Fruit Juice Assorted Fruit Choice of Milk | Grilled Cheese Sandwich (WG) Tomato Soup Steamed Green Beans Assorted Fruit Choice of Milk | Variety of Pizza (WG) Baby Carrots Celery Sticks w/ Dip Sidekick Fruit Slush Assorted Fruit Choice of Milk EARLY DISMISSAL | |
| B Lunch: Cold Deli Sandwich May 13, 2019 | C Lunch: **Peanut Butter & Jelly Sandwich** May 14, 2019 | D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll May 15, 2019 | May 16, 2019 | May 17, 2019 | |
| Veggie Pasta w/ Tomato Sauce Tossed Salad Dinner Roll (WG) Chilled Fruit Juice Assorted Fruit Choice of Milk | Ham or Turkey Hoagie (WG) Baked Chips Red Pepper Strips w/ Dip Assorted Fruit Choice of Milk | Pizza Burger on a Bun (WG) French Fries Steamed Corn Assorted Fruit Choice of Milk | Chicken Bites (WG) Baked Macaroni & Cheese (WG) Steamed Green Beans Baby Carrots w/ Dip Assorted Fruit Choice of Milk | Italian Cheese Pizza (WG) Steamed Green Beans Chilled Fruit Juice Goldfish Crackers Assorted Fruit Choice of Milk | |
| B Lunch: Hot Dog / Roll May 20, 2019 | C Lunch: **Peanut Butter & Jelly Sandwich** May 21, 2019 | D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll May 22, 2019 | May 23, 2019 | May 24, 2019 | |
| Hot Dog w/ Roll (WG) French Fries Baked Beans Sidekick Fruit Slush Assorted Fruit Choice of Milk | Pasta w/ Meat Sauce (WG) Tossed Salad w/ Cherry Tomatoes Dinner Roll (WG) Chilled Fruit Juice Assorted Fruit Choice of Milk | Grilled Ham & Cheese Sandwich (WG) Potato Tots Steamed Green Beans Chilled Fruit Juice Assorted Fruit Choice of Milk | Tangy Beef Tacos w/ Lettuce & Tomato Baked Potato Steamed Corn Assorted Fruit Choice of Milk | Variety of Pizza (WG) Steamed Broccoli Celery Sticks w/ Dip Sidekick Fruit Slush Assorted Fruit Choice of Milk | |
| B Lunch: Hamburger / Roll May 27, 2019 | C Lunch: **Peanut Butter & Jelly Sandwich** May 28, 2019 | D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll May 29, 2019 | May 30, 2019 | May 31, 2019 | |
| | MANAGER'S CHOICE ENTRÉE MANAGER'S CHOICE VEGETABLE Assorted Fruit Choice of Milk MENU OPTION WILL BE ANNOUNCE THE DAY PRIOR | MANAGER'S CHOICE ENTRÉE MANAGER'S CHOICE VEGETABLE Assorted Fruit Choice of Milk MENU OPTION WILL BE ANNOUNCE THE DAY PRIOR | MANAGER'S CHOICE ENTRÉE MANAGER'S CHOICE VEGETABLE Assorted Fruit Choice of Milk MENU OPTION WILL BE ANNOUNCE THE DAY PRIOR | MANAGER'S CHOICE ENTRÉE MANAGER'S CHOICE VEGETABLE Assorted Fruit Choice of Milk MENU OPTION WILL BE ANNOUNCE THE DAY PRIOR | |
| B Lunch: Chicken Patty / Roll | C Lunch: **Peanut Butter & Jelly Sandwich** | D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll | | MENUS ARE ALSO ON THE SCHOOL DISTRICT'S WEBSITE - www.pennmanor.net | |

Assorted A La Carte items available from \$.50 to \$.85 each

**** S Lunch: Chef Salad Available Every Wednesday Only ****
Parents are encouraged to purchase for their child pre-paid meals!
(Please write your child's first & last name on your check)

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

Please make checks payable: **Penn Manor Food Services**

**** Contains Peanuts And / Or Nuts ****

THERE IS A \$35.00 BANK CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS, CLOSED ACCOUNTS, ETC.
Meal tickets can now be used to purchase breakfast, lunches, and ala carte items.
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.