



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 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

Middle Schools 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	May 4, 2019	May 5, 2019	
SCHOOL LUNCH SUPERHERO DAY May 3rd!					
		Fajita Chicken Dinner Roll (WG) Baked Potato Steamed Broccoli Assorted Fruit Chilled Fruit Juice Choice of Milk	Corn Dog w/ Dipping Sauce (WG) French Fries Steamed Corn Assorted Fruit Sidekick Fruit Slush Choice of Milk	Italian Cheese Pizza (WG) Red Pepper Strips / Dip Romaine Lettuce Salad w/ Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk	
May 6, 2019	May 7, 2019	May 8, 2019	May 9, 2019	May 10, 2019	
Pizza Sticks (WG) Tossed Salad Chilled Fruit Juice Assorted Fruit Choice of Milk 	Beef Tacos w/ Lettuce & Tomato Fiesta Rice Steamed Corn Chilled Fruit Juice Assorted Fruit Choice of Milk	Chicken on a Bun (WG) Lettuce & Tomato French Fries Baked Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Pasta w/ Meat Sauce Dinner Roll (WG) Tossed Salad w/ Cherry Tomatoes Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Cheese or Pepperoni Pizza (WG) Sweet Potato Fries Celery Sticks w/ Dip Assorted Fruit Chilled Fruit Juice Choice of Milk EARLY DISMISSAL	
May 13, 2019	May 14, 2019	May 15, 2019	May 16, 2019	May 17, 2019	
Hot Ham & Cheese on Pretzel Roll (WG) French Fries Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Popcorn Chicken Dinner Roll (WG) Fluffy Whipped Potatoes Steamed Broccoli Assorted Fruit Chilled Fruit Juice Choice of Milk	Grilled Cheese Sandwich (WG) Tomato Soup Tossed Salad w/ Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Tenders Dinner Roll (WG) Fluffy Whipped Potatoes Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza (WG) Baby Carrots w/ Dip Sidekick Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk	
May 20, 2019	May 21, 2019	May 22, 2019	May 23, 2019	May 24, 2019	
Stuffed Shells Dinner Roll (WG) Tossed Salad Assorted Fruit Chilled Fruit Juice Choice of Milk 	Turkey Tacos w/ Lettuce & Tomato Fiesta Rice Refried Beans 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 w/ Meat Sauce (WG) Tossed Salad w/ Cherry Tomatoes Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Cheese or Mexican Pizza (WG) California Blend Vegetables Baby Carrots w/ Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	
May 27, 2019	May 28, 2019	May 29, 2019	May 30, 2019	May 31, 2019	
Memorial Day					
	MANAGER'S CHOICE ENTRÉE MANAGER'S CHOICE VEGETABLE Assorted Fruit Choice of Milk 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	
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 Services**

Soup & Salad Bar available daily - \$3.75

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.