




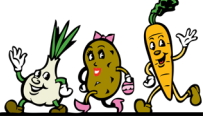











# Penn Manor AUGUST 2019 Elementary Menu

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](http://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 August 19, 2019	TUESDAY August 20, 2019	WEDNESDAY August 21, 2019	THURSDAY August 22, 2019	FRIDAY August 23, 2019	
<b>Welcome back to a great new year!!</b>		Breaded Chicken Patty on a Roll (WG) Ped Pepper Strips W/Dip French Fries Assorted Fruit Choice of Milk	Pasta w/ Meat Sauce (WG) Tossed Salad Baby Carrots/ dip Dinner Roll (WG) Chilled Fruit Juice Assorted Fruit Choice of Milk	Italian Cheese Pizza (WG) Steamed Green Beans Celery Sticks w/dip Goldfish Crackers Assorted Fruit Choice of Milk	
B Lunch: Egg McComet August 27, 2019	C Lunch: **Peanut Butter & Jelly Sandwich** August 28, 2019	August 29, 2019	D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll August 30, 2019		August 31, 2019
Ham or Turkey Hoagie (WG) Baked Chips Red Pepper Strips w/Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Hot Dog w/roll (WG) French Fries Baked Beans Sidekick Fruit Slush Assorted Fruit Choice of Milk	Brunch for Lunch Turkey or Pork Sausage Patty Baby carrots w/dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Tangy Tacos w / Lettuce & Tomato Baked Potato Steamed Corn Assorted Fruit Choice of Milk		
B Lunch: Hamburger / Roll	C Lunch: **Peanut Butter & Jelly Sandwich**		D Lunch: 4 oz. Yogurt & String Cheese		
		<b>Have fun with school</b>		<b>Learn all you can</b>	
				<b>Healthy Heart</b>  <b>Healthy You</b>	
				<b>School is Cool!</b> 	
MENUS ARE ALSO ON THE SCHOOL DISTRICT'S WEBSITE - <a href="http://www.pennmanor.net">www.pennmanor.net</a>					

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)

Please make checks payable: Penn Manor Food Services

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

\*\* 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.