

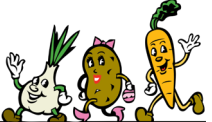






# Penn Manor AUGUST 2019 High School Menu

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](http://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

High School Menu	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	<b>WHAT MAKES A MEAL:</b> 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		
MENUS SUBJECT TO CHANGE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		August 21, 2019	August 22, 2019	August 23, 2019	
<b>Welcome back to a SUPER new year!!</b>		Mini Corn dogs w/ dipping sauce (WG) Baked French Fries Steamed Corn Sidekick Fruit Slush Assorted Fruit Choice of Milk	Assorted Hoagies (WG) Cole Slaw French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza(WG) Steamed Green Beans Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk	
August 26, 2019	August 27, 2019	August 28, 2019	August 29, 2019	August 30, 2019	
Chicken Nuggets Mashed Potatoes Steamed Peas Chilled Fruit Juice Assorted Fruit Choice of Milk	Steak or Chicken Cheesesteak (WG) French Fries Tossed salad/Relish tray Ice Cream Cups Assorted Fruit Chilled Fruit Juice Choice of Milk	Big Daddy's Pizza (WG) Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Tangy Tacos w/ Lettuce & Tomato Fiesta Rice Refried Beans Assorted Fruit Chilled Fruit Juice Choice of Milk <b>EARLY DISMISSAL</b>		
		<b>Have fun with school</b>		<b>Learn all you can</b>	
				<b>Healthy Heart Healthy You</b>	
				<b>School is Cool!</b>	
<b>MENUS ARE NOW ON THE INTERNET - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b>					
Parents are encouraged to purchase for their child pre-paid meals!			<b>** Contains Peanuts And / Or Nuts **</b>		

(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

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THERE IS A \$35.00 BANK CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS, CLOSED ACCOUNTS, ETC.