




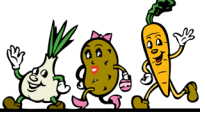











Penn Manor AUGUST 2019 Middle School Menu

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	Elem. Lunch - \$2.35	WHAT MAKES A MEAL:		
MENUS SUBJECT TO CHANGE	Sec. Lunch: \$2.50/\$3.50/\$3.75 Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.75/\$4.50	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.		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		August 21, 2019	August 22, 2019	August 23, 2019
<p>Welcome back to a Super new year!!</p> 		Mini Corn dogs w/ dipping sauce (WG) Baked French Fries Steamed Corn Sidekick Fruit Slush Assorted Fruit Choice of Milk	Chicken Cheesesteaks (WG) Cole Slaw Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza (WG) Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk
August 27, 2019	August 28, 2019	August 29, 2019	August 30, 2019	August 31, 2019
Hamburger on a roll (WG) Golden Potato Rounds Steamed Peas Chilled Fruit Juice Assorted Fruit Choice of Milk	Penne w/Meatballs or Meatball Sub (WG) Tossed Salad w/Cherry Tomatoes Steamed Green Beans Chilled Fruit Juice Assorted Fruit Choice of Milk	Hot Dog w/Roll (WG) Baked Macaroni & Cheese Relish tray 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 EARLY DISMISSAL	 <p>WooHoo! Day! Vacation</p>
		<p>Have fun with school</p>		<p>Learn all you can</p>
				<p>Healthy Heart</p>  <p>Healthy You</p>
				<p>School is Cool!</p> 
<p>MENUS ARE NOW ON THE INTERNET - www.pennmanor.net</p>				
<p>Parents are encouraged to purchase for their child pre-paid meals!</p>			<p>** Contains Peanuts And / Or Nuts **</p>	

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

(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.