

**PENN MANOR SEPTEMBER 2019
HIGH SCHOOL LUNCH 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.

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&
CheeseHoagie,
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

MENU SUBJECT TO CHANGE	Elem. Lunch - \$2.35 Sec. Lunch: \$2.50/\$3.50/\$3.50/\$3.75 Reduced Lunch - \$4.0 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: Food Services - 717- 872-9500 ext. 2228		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
September 2, 2019  Labor Day No School	September 3, 2019 Chicken Tenders Fluffy Whipped Potatoes Steamed Corn Dinner Roll (WG) Assorted Fruit Chilled Fruit Juice Choice of Milk	September 4, 2019 Hot Ham and Cheese on a (WG) Roll Tossed salad w/Cherry Tomatoes Steamed Broccoli Assorted Fruit Chilled Fruit Juice Choice of Milk	September 5, 2019 Sloppy Joes or Pulled pork w/roll (WG) Baked Beans Carrot Sticks w / Dip French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	September 6, 2019 Italian Cheese Pizza (WG) Red Pepper Strips/dip Romaine Lettuce Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk	
September 9, 2019 Popcorn Chicken Bites Fluffy Whipped Potatoes Steamed Broccoli Dinner Roll (WG) Assorted Fruit Chilled Fruit Juice Choice of Milk	September 10, 2019 Tasty Tacos Romaine Lettuce & Tomato Fiesta Rice Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	September 11, 2019 Big Daddy's Pizza Sweet Potato Fries Celery Sticks w / Dip Ice Cream Cups Assorted Fruit Chilled Fruit Juice Choice of Milk	September 12, 2019 Breaded Chicken Patty Plain or Spicy on a Roll (WG) Cole Slaw French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	September 13, 2019 Steak Or Chicken Cheesesteak (WG) Roll French Fries Tasty Baked Beans Ice Cream Cup Assorted Fruit Chilled Fruit Juice Choice of Milk	
September 16, 2019 Chicken Nuggets Fluffy Whipped Potatoes Steamed Corn Dinner Roll (WG) Assorted Fruit Chilled Fruit Juice Choice of Milk	September 17, 2019 Sloppy Joes or Pulled Pork (WG) Roll French Fries Red Pepper Strips/Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	September 18, 2019 Pizza Sticks w / Dipping Sauce Glazed Carrots Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk	September 19, 2019 Assorted Hoagies (WG) Cole Slaw French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	September 20, 2019 Italian Cheese Pizza (WG) Steamed Green Beans Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk	
September 23, 2019 Chicken Tenders Mashed Potatoes Steamed Peas Chilled Fruit Juice Assorted Fruit Choice of Milk	September 24, 2019 Grilled Cheese Fluffy Whipped Potatoes Steamed Corn Dinner Roll (WG) Assorted Fruit Chilled Fruit Juice Choice of Milk	September 25, 2019 Big Daddy's Pizza (WG) Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	September 26, 2019 FLEX DAY Managers Choice Choice of Veggie Assorted Fruit Choice of Milk	September 27, 2019 Pizza Sticks w/ Dipping Sauce Steamed Green Beans Pepper Strips/Dip Fruit Juice Milk Assorted Chilled Choice of	
 Try one of our new specialty sandwiches that will be offered weekly.	 Eat your Veggies!	Got Milk? 			

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 Service

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.