

Penn Manor SEPTEMBER 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.

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 MENU SUBJECT TO CHANGE	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	WHAT MAKES A MEAL: Choose three of five components *Protein, Milk, Grain, Fruit & Veggies <small>one of which must be from each of the veggie</small> 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	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019	
Labor Day No School	Popcorn Chicken Bites Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Grilled Cheese Sandwich (WG) Tomato Soup Tossed Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk	Pulled Pork on a Roll (WG) Baked Beans Carrot Sticks w / Dip French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza (WG) Red Pepper Strips/Dip Romaine Lettuce Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk	
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019	
Hot Open Face Turkey Sandwich (WG) Fluffy Whipped Potatoes Steamed Broccoli Assorted Fruit Chilled Fruit Juice Choice of Milk	Tasty Tacos Romaine Lettuce & Tomato Fiesta Rice Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Breaded Chicken Patty Plain or Spicy on a Roll (WG) Cole Slaw French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	Penne Pasta w/Meatballs or Meatball Sub (WG) Tossed Salad w/Cherry Tomatoes Steamed Green Beans Chilled Fruit Juice Assorted Fruit Choice of Milk	Big Daddy's Pizza (WG) Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019	
Hot Ham /Cheese on a Prezel roll (WG) Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Sticks w / Dipping Sauce Glazed Carrots Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk	Grilled Cheese Sandwich (WG) Tomato Soup Tossed Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Cheesesteaks (WG) Cole Slaw French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza (WG) Steamed Green Beans Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk	
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019	
Hamburger on a Roll (WG) Golden Potato Rounds Steamed Peas Chilled Fruit Juice Assorted Fruit Choice of Milk	Spaghetti 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	FLEX DAY Managers Choice Choice of Veggie Assorted Fruit Choice of Milk	Big Daddy's Pizza (WG) French Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	
Try one of our new specialty sandwiches that will be offered weekly. 		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.