

October 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. Create a secure account and never worry again about sending cash or checks with your student(s) to school again.

 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 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 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
Mini Corn Dog Baked French Fries Cantaloupe or Mixed Fruit Choice of Milk	Chicken Nuggets W/ Dinner Roll Steamed Carrots Celery Sticks & Dip Apple Slices or Diced Peaches Choice of Milk	Pasta with Meatballs & Sauce Steamed Autumn Veggies Tossed Salad w/ Cherry Tomatoes Grapes or Mandarin Oranges Choice of Milk	Chicken or Beef Cheesesteak Baked Beans Celery sticks & Dip Banana or Applesauce Choice of Milk	Cheese or Pepperoni Pizza Steamed Mixed Vegetables Cucumber Coins & Dip Assorted Fruit Choice of Milk
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
Spicy Chicken Patty Sandwich Baked Chips Baked Beans Broccoli & Dip Orange or Diced Pineapples Choice of Milk	Baked Penne Pasta W/ Mozzarella Cheese Steamed Corn Baby Carrots & Dip Blueberries or Diced Peaches Choice of Milk	Chicken Tenders W/ Dinner Roll Baked Macaroni & Cheese Pepper Strips & Dip Apple Slices or Diced Pears Choice of Milk	Brunch for Lunch! Hashbrowns Celery Sticks & Dip Grapes or Diced Pears Choice of Milk	French Bread Pizza Steamed Green Beans Cauliflower & Dip Sidekick Fruit Slush Assorted Fruit Choice of Milk
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
	Grilled Cheese Sandwich Tomato Soup Pepper Strips & Dip Apple Slices or Mandarin Oranges Choice of Milk	Walking Tacos Lettuce, Tomato & Cheddar Cheese Steamed Corn Refried Beans Banana or Applesauce Choice of Milk	FLEX DAY Managers Choice Banana or Diced Pineapple Choice of Milk	Cheese or Pepperoni Pizza Baked Golden Potatoes Cucumber Coins & Dip Assorted Fruit Choice of Milk
October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019
Pulled Pork Sandwich Baked Beans Broccoli Florets & Dip Grapes or Applesauce Choice of Milk	Grilled Ham & Cheese on a pretzel roll Baked French Fries Red Pepper Strips w/Dip Orange or Diced Pears Choice of Milk	Popcorn Chicken w/ Dinner Roll Steamed Carrots Tossed Salad w/ Cherry Tomatoes Grapes or Mixed Fruit Choice of Milk	Meatball Sub W/ Cheese Steamed Corn Baby Carrots & Dip Apple Slices or Blueberries Choice of Milk	K-12 Early Dismissal Brunch For Lunch! Tater Tots Assorted Fruit Choice of Milk
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	
Fish Sticks Baked Macaroni & Cheese Steamed Country Vegetables Apple Slices or Mixed Fruit Choice of Milk	Pizza Sticks w/ Dipping Sauce Steamed Corn Baby carrots w/dip Banana or Applesauce Choice of Milk	Corn Dogs Tossed Romaine salad Sidekick Fruit Slush Strawberries or Diced Peaches Choice of Milk	HAPPY HALLOWEEN! Mummy Pizza Baked French Fries Steamed Carrots Oranges or Diced Peaches Choice of Milk	

MENUS ARE ALSO ON THE SCHOOL DISTRICT'S WEBSITE - www.pennmanor.net

Assorted A La Carte items available from \$.50 to \$.85 each
 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 Service

** 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.

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.

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