



# PENN MANOR SCHOOL DISTRICT

## October 2019

### BREAKFAST 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.

<b>Available Daily:</b> Assorted Cereals w/Toast Chilled Fruit Chilled Fruit Juice Choice of Milk	<b>High School Breakfast - \$1.50</b> <b>Elem. Breakfast - \$1.25</b> <b>Reduced Breakfast - \$.30</b> <b>Student Milk - \$.60</b> <b>Adult Breakfast - \$2.00</b>			We welcome your comments, questions and suggestions. Contact the Food Services Department: Food Services - 717- 872-9500 ext. 2228	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019	
	Funnel Cake or Sausage McComet	Muffin with cheese stick or Apple or Cherry Frudel	French Toast with Syrup or Breakfast Stick	Scrambled Eggs w/ Bacon or Sausage & Toast or Cinnamon or Strawberry Bagel	
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019	
Pancakes with Syrup or Mini Chocolate Donuts with Cheese Stick	Breakfast Pizza or Cinni Minis	<b>Managers Choice</b>	Ham McComet or Fruit Parfait with Crackers/Granola	Breakfast Stick or Muffin with Cheese Stick	
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019	
	Sausage McComet or Cinnamon or Strawberry Bagel	Breakfast Pizza or Egg & Cheese Wrap	Funnel Cake or French Toast with Syrup	Egg & Cheese Biscuit or Mini Blueberry Waffles	
October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019	
Scrambled Eggs, Sausage, & Toast or Cinni Minis	Pancakes with Syrup or Sausage & Egg Breakfast Taco	Fruit Parfait with Crackers/Granola or Muffin with Cheese Stick	Ham McComet or Waffles with Syrup	<b>Early Dismissal!</b> <b>Managers Choice</b>	
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019		
Breakfast Pizza or Mini Chocolate Donuts with Cheese Stick	Egg McComet or French Toast with Syrup	Funnel Cake or Breakfast Stick	<b>Happy Halloween!</b> <b>Candy Corn Parfait</b> <b>(Oranges, Pineapples,</b> <b>and Vanilla yogurt)</b> <b>LUCKY BREAKFAST</b> <b>TRAY DAY!</b>		

MENUS ARE NOW ON THE INTERNET - [www.pennmanor.net](http://www.pennmanor.net)

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

\*\*\*\*\*THERE IS A \$35.00 CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS.

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.