



# Penn Manor School District November 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](http://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	<b>WHAT MAKES A MEAL:</b> 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
				<b>NO SCHOOL</b>  <b>November 1, 2019</b>
<b>November 4, 2019</b>	<b>November 5, 2019</b>	<b>November 6, 2019</b>	<b>November 7, 2019</b>	<b>November 8, 2019</b>
Chicken Nuggets w/ Dinner Roll Green Beans Baby Carrots & Dip Assorted Fruit Choice of Milk	<b>TACO TUESDAY</b> Walking Tacos Refried Beans Assorted Fruit Choice of Milk	<b>K-12 Early Dismissal</b> Grilled Cheese & Tomato Soup Steamed Corn Broccoli Florets & Dip Assorted Fruit Choice of Milk	<b>K-12 Early Dismissal</b> <b>Managers Choice</b> Assorted Fruit Celery Sticks & Dip Choice of Milk	<b>K-12 Early Dismissal</b> French Bread Pizza French Fries Assorted Fruit Choice of Milk
<b>November 11, 2019</b>	<b>November 12, 2019</b>	<b>November 13, 2019</b>	<b>November 14, 2019</b>	<b>November 15, 2019</b>
Stuffed Shells Steamed Carrots Pepper Strips & Dip Assorted Fruit Choice of Milk	Chicken Fajitas w/ Spanish Rice Baked Potato Celery Sticks & Dip Assorted Fruit Choice of Milk	Chicken Tenders w/ Dinner Roll Baked Macaroni & Cheese Baby Carrots Assorted Fruit Choice of Milk	<b>Thanksgiving Dinner</b> Turkey & Stuffing Mashed Potatoes w/ Gravy Green Beans Apples or Cranberry Sauce Choice of Milk	Chicken Pizza Quesadilla Scoops & Salsa Side Salad Assorted Fruit Choice of Milk
<b>November 18, 2019</b>	<b>November 19, 2019</b>	<b>November 20, 2019</b>	<b>November 21, 2019</b>	<b>November 22, 2019</b>
Cheddar Supreme Burger Steamed Broccoli Baby Carrots & Dip Assorted Fruit Choice of Milk	Cheese or Chicken Quesadilla Refried Beans Pepper Strips & Dip Assorted Fruit Choice of Milk	Brunch for Lunch! Sausage Patty Hashbrowns Assorted Fruit Choice of Milk	Sweet & Sour Popcorn Chicken Fried Rice Cucumber Coins & Dip Assorted Fruit Choice of Milk	Cheese or Buffalo Chicken Pizza Green Beans Cauliflower Florets & Dip Sidekick Fruit Slush Assorted Fruit Choice of Milk
<b>November 25, 2019</b>	<b>November 26, 2019</b>	<b>November 27, 2019</b>	<b>November 28, 2019</b>	<b>November 29, 2019</b>
Cheese Ravioli Green beans Baby Carrots & Dip Assorted Fruit Choice of Milk	Cheesy Nachos Fiesta Black Beans Toss Salad Assorted Fruit Choice of Milk	<b>K-12 Early Dismissal</b> Mini Corn Dogs Steamed Broccoli Cucumber Coins & Dip Assorted Fruit Choice of Milk		<b>NO SCHOOL</b>  

MENUS ARE ALSO ON THE SCHOOL DISTRICT'S WEBSITE - [www.pennmanor.net](http://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

THERE IS A \$35.00 BANK CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS, CLOSED ACCOUNTS, ETC.

\*\* Contains Peanuts And / Or Nuts \*\*

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