

Penn Manor School District November 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.

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
				NO SCHOOL
November 4, 2019	November 5, 2019	November 6, 2019	November 7, 2019	November 8, 2019
Chicken Nuggets w/ Dinner Roll Green Beans Baby Carrots & Dip Apple Slices or Mandarin Oranges Choice of Milk	TACO TUESDAY Walking Tacos Refried Beans Diced Peaches or Banana Choice of Milk	K-12 Early Dismissal Grilled Cheese & Tomato Soup Steamed Corn Broccoli Florets & Dip Diced Pears or Grapes Choice of Milk	K-12 Early Dismissal Managers Choice Strawberries or Applesauce Celery Sticks & Dip Choice of Milk	K-12 Early Dismissal French Bread Pizza French Fries Assorted Fruit Choice of Milk
November 11, 2019	November 12, 2019	November 13, 2019	November 14, 2019	November 15, 2019
Stuffed Shells Steamed Carrots Pepper Strips & Dip Apple Slices or Mixed Fruit Choice of Milk	Chicken Fajitas w/ Spanish Rice Baked Potato Celery Sticks & Dip Pineapples or Applesauce Choice of Milk	Chicken Tenders w/ Dinner Roll Baked Macaroni & Cheese Baby Carrots Grapes or Diced Peaches Choice of Milk	Thanksgiving Dinner Turkey & Stuffing Mashed Potatoes w/ Gravy Green Beans Apple or Cranberry Sauce Choice of Milk	Chicken Pizza Quesadilla Scoops & Salsa Side Salad Assorted Fruit Choice of Milk
November 18, 2019	November 19, 2019	November 20, 2019	November 21, 2019	November 22, 2019
Cheddar Supreme Burger Steamed Broccoli Baby Carrots & Dip Diced Pears or Pineapples Choice of Milk	Cheese or Chicken Quesadilla Refried Beans Pepper Strips & Dip Grapes or Diced Peaches Choice of Milk	Brunch for Lunch! Sausage Patty Hashbrowns Strawberries or Mixed Fruit Choice of Milk	Sweet & Sour Popcorn Chicken Fried Rice Cucumber Coins & Dip Blueberries or Applesauce Choice of Milk	Cheese or Buffalo Chicken Pizza Green Beans Cauliflower Florets & Dip Sidekick Fruit Slush Assorted Fruit Choice of Milk
November 25, 2019	November 26, 2019	November 27, 2019	November 28, 2019	November 29, 2019
Cheese Ravioli Green beans Baby Carrots & Dip Applesauce or Orange Choice of Milk	Cheesy Nachos Fiesta Black Beans Toss Salad Mandarin Oranges or Apple Slices Choice of Milk	K-12 Early Dismissal Mini Corn Dogs Steamed Broccoli Cucumber Coins & Dip Assorted Fruit Choice of Milk		NO SCHOOL 

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