

Penn Manor School District
January 2020
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.

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

 MENU SUBJECT TO CHANGE	Elem. Lunch - \$2.35 Sec. Lunch: \$2.50/\$3.50/\$3.50/\$3.75 Reduced Lunch - \$4.40 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	
	January 6, 2020	January 7, 2020	January 8, 2020	January 9, 2020	January 10, 2020	
	January 13, 2020	January 14, 2020	January 15, 2020	January 16, 2020	January 17, 2020	
	January 20, 2020	January 21, 2020	January 22, 2020	January 23, 2020	January 24, 2020	
			Popcorn Chicken w/ Dinner Roll Green Beans Assorted Fruit & Juice Choice of Milk	Cheese Or Buffalo Chicken Pizza Steamed Broccoli Assorted Fruit & Juice Choice of Milk		
Managers Choice Assorted Veggies Assorted Fruit & Juice Choice of Milk	Chicken Nuggets w/ Dinner Roll Mashed Potatoes Assorted Fruit & Juice Choice of Milk	Spaghetti with Meatballs Steamed Mixed Veggies Assorted Fruit & Juice Choice of Milk	Brunch for Lunch! Sausage Patty Tater Tots Assorted Fruit & Juice Choice of Milk	Pizza Sticks w/ Marinara Dipping Sauce Steamed Corn Assorted Fruit & Juice Choice of Milk		
NO SCHOOL	Lasagna Roll Ups Steamed Broccoli Baby Carrots & Dip Assorted Fruit & Juice Choice of Milk	Chicken Cheesesteak Green Beans Side Salad Assorted Fruit & Juice Choice of Milk	Walking Tacos Steamed Corn Pepper Strips & Dip Assorted Fruit & Juice Choice of Milk	Garlic French Bread Pizza Assorted Veggies Assorted Fruit & Juice Choice of Milk		
NO SCHOOL	Chicken Tenders w/ Dinner Roll Baked Beans Baby Carrots & Dip Assorted Fruit & Juice Choice of Milk	Fish Sticks Baked Macaroni & Cheese Assorted Fruit & Juice Choice of Milk	Grilled Cheese & Tomato Soup Green Beans Broccoli & Dip Assorted Fruit & Juice Choice of Milk	K-12 Early Dismissal Brunch for Lunch! Sausage Patty Tater Tots Assorted Fruit & Juice Choice of Milk		
Meatball Sub w/ Cheese Steamed Corn Cauliflower & Dip Assorted Fruit & Juice Choice of Milk	Managers Choice Assorted Veggies Assorted Fruit & Juice Choice of Milk	Popcorn Chicken w/ Dinner Roll Potatoes Wedges Assorted Fruit & Juice Choice of Milk	Grilled Ham & Cheese on Croissant Green Beans Assorted Fruit & Juice Choice of Milk	Cheese Or Buffalo Chicken Pizza Steamed Broccoli Assorted Fruit & Juice Choice of Milk		

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

Assorted A La Carte Items Available from \$1.50 to \$1.85 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 316-W, WHITTEN BUILDING, 1400 INDEPENDENCE AVENUE, SW, WASHINGTON, D.C. 20250-9410 OR CALL (202) 720-9964 (VOICE AND TDD). USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.