

Penn Manor School District
January 2020
Middle School Menu

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

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 | 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 1, 2020 | January 2, 2020 | January 3, 2020 | January 3, 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 | |
| January 6, 2020 | | January 7, 2020 | January 8, 2020 | January 9, 2020 | January 10, 2020 |
| | 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 |
| January 13, 2020 | | January 14, 2020 | January 15, 2020 | January 16, 2020 | January 17, 2020 |
| 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 |
| January 20, 2020 | | January 21, 2020 | January 22, 2020 | January 23, 2020 | January 24, 2020 |
| 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 |
| January 27, 2020 | | January 28, 2020 | January 29, 2020 | January 30, 2020 | January 31, 2020 |
| | 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 **

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