


Penn Manor School District February 2020 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 - \$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 fruit or veggie 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	
February 3, 2020	February 4, 2020	February 5, 2020	February 6, 2020	February 7, 2020	
Lasagna & Dinner Roll Steamed Broccoli Assorted Veggies Assorted Fruit & Juice Choice of Milk	TACO TUESDAY! Soft Shell Tacos Steamed Corn & Refried Beans Assorted Veggies Assorted Fruit & Juice Choice of Milk	Corn Dog Steamed Mixed Veggies Assorted Veggies Assorted Fruit & Juice Choice of Milk	Orange Chicken Lo Mein Noodles Assorted Veggies Assorted Fruit & Juice Choice of Milk	K-12 Early Dismissal Brunch for Lunch! Tater Tots Assorted Fruit & Juice Choice of Milk	
February 10, 2020	February 11, 2020	February 12, 2020	February 13, 2020	February 14, 2020	
Popcorn Chicken w/ Dinner Roll Mashed Potatoes Assorted Veggies Assorted Fruit & Juice Choice of Milk	Managers Choice Assorted Veggies Assorted Fruit & Juice Choice of Milk	Fish Sticks Baked Beans Assorted Veggies Assorted Fruit & Juice Choice of Milk	BBQ Rib Sandwich & Chips Steamed Corn Assorted Veggies Assorted Fruit & Juice Choice of Milk	HAPPY VALENTINES DAY! ❤️ Spaghetti & Meatballs Assorted Red Fruit & Veggies Cherry Jello w/ Whipped Topping Choice of Milk	
February 17, 2020	February 18, 2020	February 19, 2020	February 20, 2020	February 21, 2020	
NO SCHOOL	Grilled Ham & Cheese on Croissant W/ Chicken Noodle Soup Assorted Fruit & Juice Choice of Milk	Managers Choice Assorted Veggies Assorted Fruit & Juice Choice of Milk	Cheesy Nachos Fiesta Black Beans Assorted Veggies Assorted Fruit & Juice Choice of Milk	Pizza Sticks w/ Marinara Dipping Sauce Steamed Green Beans Assorted Veggies, Fruit, & Juice Choice of Milk	
February 24, 2020	February 25, 2020	February 26, 2020	February 27, 2020	February 28, 2020	
Meat Calzone Tostito Chips & Salsa Assorted Veggies Assorted Fruit & Juice Choice of Milk	Chicken Tenders w/ Dinner Roll Baked Beans Assorted Veggies Assorted Fruit & Juice Choice of Milk	Brunch for Lunch! Pancakes, & Sausage Tater Tots Assorted Fruit & Juice Choice of Milk	Mini Corn Dogs Steamed Green Beans Assorted Veggies Assorted Fruit & Juice Choice of Milk	Stuffed Crust Pizza Steamed Corn Assorted Veggies, Fruit, & Juice Choice of Milk	
February 3, 2020	February 4, 2020	February 5, 2020	February 6, 2020	February 7, 2020	
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					

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 \$16.00 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-N, WHITTEN BUILDING, 1400 INDEPENDENCE AVENUE, SW, WASHINGTON, D.C. 20250-9410 OR CALL (800) 725-9364 (VOICE AND TDD). USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.