

# Penn Manor School District

## March 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](http://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/Cheeda
- r Cheese, Assorted
- Fruit, Assorted
- Light Dressings,
- WG Dinner Rolls,
- Croutons, WG
- Saltine Crackers,
- Butter, Bacon Bits

During the month of March through the beginning of April, in honor of lent, we will be serving fish sticks or fish sandwiches as an additional menu option every Friday!				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 2, 2020	March 3, 2020	March 4, 2020	March 5, 2020	March 6, 2020
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center; font-weight: bold; font-size: small;">MENU SUBJECT TO CHANGE</p> </div> <p style="font-size: x-small;">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</p> <div style="border: 1px solid black; padding: 2px; font-size: x-small;"> <p style="text-align: center; color: red; margin: 0;">WHAT MAKES A MEAL:</p> <p style="margin: 0;">Choose three of five components</p> <p style="margin: 0;">**Protein, Milk, Grain, Fruit &amp; Veggies</p> <p style="margin: 0; color: blue;">one of which must be 1/2c fruit or 1/2c veggies</p> <p style="margin: 0; color: purple;">For a reimbursable lunch.</p> </div>				
<p style="text-align: center; font-weight: bold;">Hot Dog &amp; Mac N' Cheese</p> <p style="text-align: center;">Steamed Broccoli Assorted Veggies Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center; font-weight: bold;">Dr. Seuss's Birthday!</p> <p style="text-align: center;">Popcorn Chicken &amp; Dinner Roll Curly Fries Assorted Fruit, Juice, &amp; Veggies Choice of Milk</p>	<p style="text-align: center;">Lasagna Roll Ups &amp; Breadstick</p> <p style="text-align: center;">Assorted Veggies Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center;">Grilled Cheese &amp; Tomato Soup</p> <p style="text-align: center;">Steamed Green Beans Assorted Veggies Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center;">Buffalo Chicken Pizza</p> <p style="text-align: center;">Tater Tots Assorted Fruit &amp; Juice Choice of Milk</p>
March 9, 2020	March 10, 2020	March 11, 2020	March 12, 2020	March 13, 2020
<p style="text-align: center; font-weight: bold;">National Meatball Day!</p> <p style="text-align: center;">Meatball Sub &amp; Chips Assorted Veggies Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center;">Tasty Beef or Chicken Tacos</p> <p style="text-align: center;">Refried Beans &amp; Steamed Corn Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center; font-weight: bold;">Brunch For Lunch!</p> <p style="text-align: center;">French Toast Sticks &amp; Sausage Assorted Fruit, Juice, &amp; Veggies Choice of Milk</p>	<p style="text-align: center;">BBQ Rib Sandwich &amp; Chips</p> <p style="text-align: center;">Green Beans Assorted Veggies Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center; color: red; font-weight: bold;">K-12 Early Dismissal</p> <p style="text-align: center;">Italian Cheese Pizza Steamed Broccoli Assorted Fruit, Juice, &amp; Veggies Choice of Milk</p>
March 16, 2020	March 17, 2020	March 18, 2020	March 19, 2020	March 20, 2020
<p style="text-align: center;">Cheese Calzone</p> <p style="text-align: center;">Steamed Corn Assorted Veggies Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center; font-weight: bold;">St. Patrick's Day!</p> <p style="text-align: center;">Chicken Nuggets Mashed Potatoes Assorted Fruit, Juice, Veggies Choice of Milk</p>	<p style="text-align: center;">Cheesy Nachos</p> <p style="text-align: center;">Steamed Corn &amp; Refried Beans Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center;">Sloppy Joes</p> <p style="text-align: center;">Steamed Broccoli Assorted Veggies Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center;">French Bread Pizza</p> <p style="text-align: center;">Steamed Green Beans Assorted Fruit, Juice, &amp; Veggies Choice of Milk</p>
March 23, 2020	March 24, 2020	March 25, 2020	March 26, 2020	March 27, 2020
<p style="text-align: center;">Chicken Fries &amp; Dinner Roll</p> <p style="text-align: center;">Baked Beans &amp; Mashed Potatoes Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center;">Cheese Quesadilla</p> <p style="text-align: center;">Green Beans Assorted Veggies Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center;">Brunch for Lunch!</p> <p style="text-align: center;">Pancakes, Sausage, &amp; Hashbrowns Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center;">Pizza Sticks &amp; Dipping Sauce</p> <p style="text-align: center;">Steamed Corn Assorted Veggies Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="font-size: 2em; font-weight: bold; color: green;">NO SCHOOL</p> <p style="font-weight: bold; color: black;">**Weather Make Up Day**</p>
March 30, 2020	March 31, 2020	April 1, 2020	April 2, 2020	April 3, 2020
<p style="text-align: center; font-weight: bold;">National Corn Dog Day!</p> <p style="text-align: center;">Corn Dog &amp; French Fries Assorted Veggies Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center;">Chicken Alfredo Pasta &amp; Breadstick</p> <p style="text-align: center;">Assorted Veggies Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center;">Fish Sticks</p> <p style="text-align: center;">Steamed Broccoli Assorted Veggies Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center;">Popcorn Chicken &amp; Dinner Roll</p> <p style="text-align: center;">Baked Beans Assorted Veggies Assorted Fruit &amp; Juice Choice of Milk</p>	<p style="text-align: center;">Buffalo Chicken or Cheese Pizza</p> <p style="text-align: center;">Steamed Mixed Veggies Assorted Veggies Assorted Fruit &amp; Juice Choice of Milk</p>

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

\*\* 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.

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