

# Penn Manor School District October 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.

MENU SUBJECT TO CHANGE	Secondary 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	
September 28, 2020	September 29, 2020	September 30, 2020	October 1, 2020	October 2, 2020	
Meatball Sub Steamed Green Beans Baby Carrots & Dip Assorted Fruit & Juice	Stuffed Shells & Breadstick Small Toss Salad Baby Carrots & Dip Assorted Fruit & Juice	Manager's Choice Assorted Veggies Assorted Fruit & Juice	Cheese Or Meat Calzone Steamed Broccoli Baby Carrots & Dip Assorted Fruit & Juice	Pizza Sticks & Marinara Sauce Steamed Mixed Veggies Baby Carrots & Dip Assorted Fruit & Juice	
October 5, 2020	October 6, 2020	October 7, 2020	October 8, 2020	October 9, 2020	
Grilled Ham & Cheese on pretzel roll Steamed Green Beans Baby Carrots & Dip Assorted Fruit & Juice	Pizza Sticks & Marinara Sauce Steamed Mixed Veggies Baby Carrots & Dip Assorted Fruit & Juice	Chicken Tenders & Dinner Roll Baby Carrots & Dip Assorted Fruit & Juice	Walking Taco Steamed Corn & Baked Beans Baby Carrots & Dip Assorted Fruit & Juice	<b>K-12 Early Dismissal</b> Brunch For Lunch! Tater Tots Assorted Fruit & Juice	
October 12, 2020	October 13, 2020	October 14, 2020	October 15, 2020	October 16, 2020	
	Mini Corn Dogs Baked Beans & Steamed Broccoli Baby Carrots & Dip Assorted Fruit & Juice	Cheese Calzone Steamed Corn Baby Carrots & Dip Assorted Fruit & Juice	Lasagna Roll Ups & Breadstick Small Toss Salad Baby Carrots & Dip Assorted Fruit & Juice	Personal Pizza Steamed Green Beans Baby Carrots & Dip Assorted Fruit & Juice	
October 19, 2020	October 20, 2020	October 21, 2020	October 22, 2020	October 23, 2020	
French Bread Pizza Curly Fries Baby Carrots & Dip Assorted Fruit & Juice	Chicken Tenders & Dinner Roll Baked Beans Baby Carrots & Dip Assorted Fruit & Juice	Cheeseburger Steamed Mixed Veggies Baby Carrots & Dip Assorted Fruit & Juice	Grilled Ham & Cheese on pretzel roll Steamed Green Beans Baby Carrots & Dip Assorted Fruit & Juice	Bread Bread Pizza Steamed Broccoli Baby Carrots & Dip Assorted Fruit & Juice	
October 26, 2020	October 27, 2020	October 28, 2020	October 29, 2020	October 30, 2020	
Lasagna Roll Ups & Breadstick Small Toss Salad Baby Carrots & Dip Assorted Fruit & Juice	Brunch For Lunch! Tater Tots Assorted Fruit & Juice	Walking Taco Steamed Corn & Baked Beans Baby Carrots & Dip Assorted Fruit & Juice	Popcorn Chicken & Dinner Roll Baked Beans Baby Carrots & Dip Assorted Fruit & Juice	Cheese or Buffalo Chicken Pizza Curly Fries Baby Carrots & Dip Assorted Fruit & Juice 	

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

Parents are encouraged to utilize [myschoolbucks.com](http://myschoolbucks.com) to put money on their students lunch account!  
(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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