



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&
 CheeseHoagie,
 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 - \$.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 | |
| October 1, 2018 Popcorn Chicken Bites Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk | October 2, 2018 Fish Sandwich w/lettuce & tomato Sweet potato fries Steamed green beans Assorted Fruit Chilled Fruit Juice Choice of Milk | October 3, 2018 Southwest chicken pieces Buttered rotini Buttered Baby Peas Baked beans Assorted Fruit Chilled Fruit Juice Choice of Milk | October 4, 2018 Baked Potato Bar with all the toppings Chili,cheese,broccoli,Salsa & Sour cream Carrot Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk | October 5, 2018 Italian Cheese Pizza (WG) Red Pepper Strips/dip Romaine Lettuce Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk | |
| October 8, 2018  | October 9, 2018 Stuffed Shells (WG) Tossed Salad Dinner Roll (WG) Chilled Fruit Juice Assorted Fruit Choice of Milk | October 10, 2018 Assorted Topped Pizza Sweet Potato Fries Celery Sticks w / Dip Ice Cream Cups Assorted Fruit Chilled Fruit Juice Choice of Milk | October 11, 2018 Chicken & Cheese Quesadilla Fiesta Rice Mexicali corn Chilled Fruit Juice Assorted Fruit Choice of Milk | October 12, 2018 Breaded Chicken Patty Plain or Spicy on a Roll (WG) Buttered Baby Peas Baked French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk | |
| October 15, 2018 Pizza Sticks w / Dipping Sauce Glazed Carrots Sidekicks Fruit Slush Assorted Fruit Chilled Fruit Juice Choice of Milk | October 16, 2018 Turkey & Gravy Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk | October 17, 2018 Grilled Cheese Sandwich (WG) Tomato Soup Tossed Salad/Cherry Tomatoes Assorted Fruit Chilled Fruit Juice Choice of Milk | October 18, 2018 Chicken Cheesesteaks (WG) Buttered Baby Peas Baked French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk | October 19, 2018 Italian Cheese Pizza (WG) Steamed Green Beans Sidekicks Fruit Slushie Assorted Fruit Chilled Fruit Juice Choice of Milk K- 12 Early dismissal | |
| October 22, 2018 Chicken Tenders (WG) Mashed Potatoes Steamed Peas Chilled Fruit Juice Assorted Fruit Choice of Milk | October 23, 2018 Penne Pasta w/Meatballs or Meatball Sub (WG) Tossed Salad w/Cherry Tomatoes Steamed Green Beans Chilled Fruit Juice Assorted Fruit Choice of Milk | October 24, 2018 Hot Dog w/Roll (WG) Baked Macaroni & Cheese Baked beans Assorted Fruit Chilled Fruit Juice Choice of Milk | October 25, 2018 Cheese or Pepperoni Pizza (WG) Baked Sweet Potato Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk | October 26, 2018 FLEX DAY Managers Choice Choice of Veggie Assorted Fruit Choice of Milk | |
| October 29, 2018 BBQ Chicken Fillet on a (WG) Roll w/ Lettuce & Tomato Buttered Baby Peas Baked French Fries Fruit Juice Assorted Fruit Choice of Milk | October 30, 2018 Corn Dog (WG) Pepper Strips w/Dip Dinner roll (WG) Tossed Romaine Salad w/ Cherry Tomatoes Chilled Fruit Juice Assorted Fruit Choice of Milk | October 31, 2018 Fish Sticks (WG) Baked Mac & cheese Dinner roll (WG) Steamed Green beans Chilled Fruit Juice Assorted Fruit Choice of Milk Free cookie with lunch |  | | |

MENUS ARE NOW ON THE INTERNET - www.pennmanor.net

Parents are encouraged to purchase for their child pre-paid meals!

** Contains Peanuts And / Or Nuts **

(Please write your child's first & last name on your check)
 Please make checks payable: Penn Manor Food Service

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 326-W, WHITTEN BUILDING, 1400 INDEPENDENCE AVENUE, SW, WASHINGTON, D.C. 20250-9410 OR CALL (202) 720-5964 (VOICE AND TDD). USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

THERE IS A \$35.00 BANK CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS, CLOSED ACCOUNTS, ETC.