


# September 2019 Breakfast 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! go to [www.mySchoolBucks.com](http://www.mySchoolBucks.com)

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<b>Available Daily:</b> Assorted Cereals w/Toast Choice of Milk Chilled Fruit Chilled Fruit Juice	High School Breakfast - \$1.50 Elem. Breakfast - \$1.25 Reduced Breakfast - \$0.30 Student Milk - \$0.60 Adult Breakfast - \$2.00	We welcome your comments, questions and suggestions. Contact the Food Services Department: Food Services - 717- 872-9500 ext. 2228		
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
September 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
	Waffles with syrup or Ham McComet	Breakfast Pizza or Pancakes w/Syrup	Funnel Cake(Dutch Waffle) or Sausage McComet	Muffin w/ cheese stick or Apple or Cherry Frudel
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
French Toast Sticks or Breakfast Stick with syrup	Scrambled Eggs w/ Bacon & Toast or Cinnamon or Strawberry Mini Bagel	<b>Manager's Choice</b>	Breakfast Pizza or Pancakes w/Syrup	Funnel Cake(Dutch Waffle) or Sausage McComet
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
Muffin w/ cheese stick or Apple or Cherry Frudel	French Toast Sticks or Breakfast Stick with syrup	Scrambled Eggs w/ Bacon & Toast or Cinnamon or Strawberry Mini Bagel	Waffles with syrup or Ham McComet	Breakfast Pizza or Pancakes w/Syrup
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
Funnel Cake(Dutch Waffle) or Sausage McComet	Muffin w/ Cheese Stick or Apple or Cherry Frudel	<b>Manager's Choice</b>	Scrambled Eggs w/ Bacon & Toast or Cinnamon or Strawberry Mini Bagel	Waffles with syrup or Ham McComet <b>EARLY DISMISSAL</b>
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
Breakfast Pizza or Pancakes w/Syrup	Funnel Cake(Dutch Waffle) or Sausage McComet	Muffin w/ Cheese Stick or Apple or Cherry Frudel	French Toast Sticks or Breakfast Stick with Syrup	Scrambled Eggs w/ Bacon & Toast or Cinnamon or Strawberry Mini Bagel
<b>MENUS ARE NOW ON THE INTERNET - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b>				






Parents are encouraged to purchase for their child pre-paid meals!  
(Please write your child's first & last name on your check)  
Make checks payable: Penn Manor Food Service

\*\*\*\*\*THERE IS A \$35.00 CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS\*\*\*\*\*

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.

# Penn Manor SEPTEMBER 2019 Elementary 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	Elem. Lunch - \$2.35 Sec. Lunch: \$2.50/\$3.50/\$3.75 Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.75/\$4.50	<b>WHAT MAKES A MEAL:</b> <b>Choose three of five components</b> <b>**Protein, Milk, Grain, Fruit &amp; Veggies</b> <i>one of which must be 1/2c fruit or 1/2c veggies</i> <b>For a reimbursable lunch.</b>	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 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
<b>Labor Day No School</b>	Popcorn Chicken(WG) Fluffy Whipped Potatoes Steamed Green Beans Dinner Roll Assorted Fruit Choice of Milk	Grilled Cheese Sandwich(WG) Tomato Soup Baby Carrots & dip Assorted Fruit Choice of Milk	Pulled Pork on a Bun (WG) Golden Potato Rounds Baked Beans Assorted Fruit Choice of Milk	Italian Cheese Pizza(WG) California Blend Vegetables Romaine Lettuce Salad Baked Beans Chilled Fruit Juice Assorted Fruit Choice of Milk
<b>B Lunch: Egg McComet</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>	
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
Chicken Patty Sandwich(WG) Fluffy Whipped Potatoes Steamed Carrots Assorted Fruit Choice of Milk	Pizza Sticks w / Dipping Sauce Pepper strips with dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Nuggets Baked Macaroni & Cheese Steamed Broccoli Assorted Fruit Choice of Milk	Grilled Cheese Sandwich(WG) Tomato Soup Steamed Green Beans Assorted Fruit Choice of Milk	Big Daddys Pizza(WG) Celery Sticks w / Dip Sidekick Fruit Slush Assorted Fruit Choice of Milk
<b>B Lunch: Cold Deli Sandwich</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>	
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
Popcorn Chicken Bites Baked Macaroni & Cheese(WG) Steamed Broccoli Baby Carrots w / Dip Assorted Fruit Choice of Milk	Brunch for Lunch Turkey or Pork Sausage Patty Steamed Corn Chilled Fruit Juice Assorted Fruit Choice of Milk	Hamburger on a Bun Golden Potato Rounds Baked Beans Baby Carrots w/Dip Assorted Fruit Choice of Milk	Lasagna Roll -Ups (WG) Tossed Salad Dinner Roll (WG) Chilled Fruit Juice Assorted Fruit Choice of Milk	Italian Cheese Pizza (WG) Steamed Green Beans Cucumber Coins w/Dip Sidekicks Fruit Slushie Assorted Fruit Choice of Milk
<b>B Lunch: Hot Dog / Roll</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>	
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
Hot Dog w/roll (WG) French Fries Baked Beans Sidekick Fruit Slush Assorted Fruit Choice of Milk	Ham or Turkey Hoagie (WG) Baked Chips Red Pepper Strips w/Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Walking Tacos Lettuce & Tomato Steamed Corn Refried Beans Assorted Fruit Choice of Milk	<b>FLEX DAY</b> Managers Choice Choice of Veggie Assorted Fruit Choice of Milk	Italian Cheese Pizza Chips Carrots w/ dip Assorted Fruit Choice of Milk
<b>B Lunch: Hamburger / Roll</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>	
		Got Milk? 		
<b>B Lunch: Chicken Patty / Roll</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich**</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese &amp; Dinner Roll</b>	

Assorted A La Carte items available from \$.50 to \$.85 each

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

\*\* S Lunch: Chef Salad Available Every Wednesday Only \*\*

Yogurt & String Cheese - D Lunch Nutritional Information:  
 Calories - 190, Fat - 7 grams

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\*\* Contains Peanuts And / Or Nuts \*\*

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