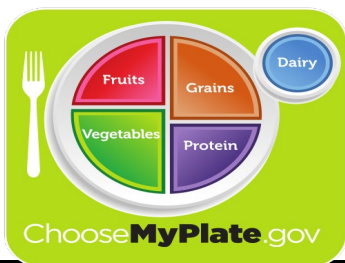




PENN MANOR SCHOOL DISTRICT

October 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! 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.

Available Daily: Assorted Cereals w/Toast Chilled Fruit Chilled Fruit Juice Choice of Milk	High School Breakfast - \$1.50 Elem. Breakfast - \$1.25 Reduced Breakfast - \$.30 Student Milk - \$.60 Adult Breakfast - \$2.00			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, 2019	October 2, 2019	October 3, 2019	October 4, 2019	
 Choose MyPlate.gov	Funnel Cake or Sausage McComet	Muffin with cheese stick or Apple or Cherry Frudel	French Toast with Syrup or Breakfast Stick	Scrambled Eggs w/ Bacon or Sausage & Toast or Cinnamon or Strawberry Bagel	
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019	
Pancakes with Syrup or Mini Chocolate Donuts with Cheese Stick	Breakfast Pizza or Cinni Minis	Managers Choice	Ham McComet or Fruit Parfait with Crackers/Granola	Breakfast Stick or Muffin with Cheese Stick	
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019	
 <i>Have a great Columbus Day!</i>	Sausage McComet or Cinnamon or Strawberry Bagel	Breakfast Pizza or Egg & Cheese Wrap	Funnel Cake or French Toast with Syrup	Egg & Cheese Biscuit or Mini Blueberry Waffles	
October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019	
Scrambled Eggs, Sausage, & Toast or Cinni Minis	Pancakes with Syrup or Sausage & Egg Breakfast Taco	Fruit Parfait with Crackers/Granola or Muffin with Cheese Stick	Ham McComet or Waffles with Syrup	Early Dismissal! Managers Choice	
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019		
Breakfast Pizza or Mini Chocolate Donuts with Cheese Stick	Egg McComet or French Toast with Syrup	Funnel Cake or Breakfast Stick	Happy Halloween! Candy Corn Parfait (Oranges, Pineapples, and Vanilla yogurt) LUCKY BREAKFAST TRAY DAY!		

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



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 \$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 School District October 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. 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 - \$.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 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
Mini Corn Dogs Baked French Fries Dinner roll (WG) Cantaloupe or Mixed Fruit Choice of Milk B Lunch: Chicken Patty / Roll	Chicken Nuggets W/ Dinner Roll Steamed Carrots Celery Sticks & Dip Apple Slices or Diced Peaches Choice of Milk C Lunch: **Peanut Butter & Jelly Sandwich (WG) Dinner Roll	Pasta with Meatsauce Steamed Autumn Veggies Tossed Salad w/ Cherry Tomatoes Grapes or Mandarin Oranges Choice of Milk D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll	Chicken or Beef Cheesesteak Mashed Potatoes Baked Beans Celery sticks & Dip Banana or Applesauce Choice of Milk D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll	Cheese or Pepperoni Pizza (WG) Steamed Mixed Vegetables Cucumber Coins & Dip Chilled Fruit Juice Assorted Fruit Choice of Milk D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
Ham or Turkey Hoagie Baked Chips Baked Beans Broccoli & Dip Orange or Diced Pineapples Choice of Milk B Lunch: Assorted Cereals	Hamburger or Cheeseburger Baked French Fries Baby Carrots & Dip Blueberries or Diced Peaches Choice of Milk C Lunch: **Peanut Butter & Jelly Sandwich (WG) Dinner Roll	Chicken Tenders Baked Macaroni & Cheese Dinner Roll Pepper Strips & Dip Apple Slices or Diced Pears Choice of Milk D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll	Brunch for Lunch! Hashbrowns Celery Sticks & Dip Grapes or Diced Pears Choice of Milk D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll	French Bread Pizza (WG) Steamed Green Beans Cauliflower & Dip Sidekick Fruit Slush Assorted Fruit Choice of Milk D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
 B Lunch: Cold Deli Sandwich	Grilled Cheese Sandwich Tomato Soup Pepper Strips & Dip Apple Slices or Mandarin Oranges Choice of Milk C Lunch: **Peanut Butter & Jelly Sandwich (WG) Dinner Roll	Walking Tacos Lettuce, Tomato & Cheddar Cheese Steamed Corn Refried Beans Banana or Applesauce Choice of Milk D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll	<div style="text-align: center;"> FLEX DAY Managers Choice Banana or Diced Pineapple Choice of Milk </div> D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll	Cheese or Pepperoni Pizza Baked Golden Potatoes Cucumber Coins & Dip Chilled Fruit Juice Assorted Fruit Choice of Milk D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll
October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019
Pulled Pork Sandwich Baked Beans Broccoli Florets & Dip Grapes or Applesauce Choice of Milk B Lunch: Hot Dog / Roll	Grilled Ham & Cheese on a pretzel roll Baked French Fries Red Pepper Strips w/Dip Orange or Diced Pears Choice of Milk C Lunch: **Peanut Butter & Jelly Sandwich (WG) Dinner Roll	Popcorn Chicken w/ Dinner Roll Steamed Carrots Tossed Salad w/ Cherry Tomatoes Grapes or Mixed Fruit Choice of Milk D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll	Meatball Sub W/ Cheese Steamed Corn Baby Carrots & Dip Apple Slices or Blueberries Choice of Milk D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll	<div style="text-align: center;"> K-12 Early Dismissal Brunch For Lunch! Tater Tots Chilled Fruit Juice Grapes or Strawberries Choice of Milk </div> D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	October 31, 2019
Fish Sticks Baked Macaroni & Cheese Steamed Country Vegetables Apple Slices or Mixed Fruit Choice of Milk B Lunch: Hamburger / Roll	Pizza Sticks w/ Dipping Sauce Steamed Corn Baby carrots w/dip Banana or Applesauce Choice of Milk C Lunch: **Peanut Butter & Jelly Sandwich (WG) Dinner Roll	Corn Dogs Tossed Romaine salad Sidekick Fruit Slush Assorted Fruit Choice of Milk D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll	<div style="background-color: black; color: white; padding: 5px;"> HAPPY HALLOWEEN! Pizza Fries Oranges or Diced Peaches Choice of Milk </div> D Lunch: 4 oz. Yogurt & String Cheese & Dinner Roll	<div style="text-align: center;">  Mummy Baked French Steamed Carrots </div>

MENUS ARE ALSO ON THE SCHOOL DISTRICT'S WEBSITE - www.pennmanor.net

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

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

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 **

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