

# Penns Manor Area Elementary Lunch Menu January 2018

Milk & Bottled Water Available for  
Ala Carte Purchase - \$.50

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch:

Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white; fat-free:  
chocolate, vanilla and strawberry

### Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad  
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers  
Legumes - beans and peas  
Starchy - potatoes, corn, peas & lima beans  
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

### Daily Fruit Selections May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges  
100% Fruit Juice: Apple, Orange, Grape

### Leave Your Lunch at Home!

Daily entrée options may include:

Comet Butter & Jelly Sandwich  
Chicken Tenders with Roll  
Chicken Tenders and Salad with Roll  
Garden Salad with Roll

### 2017-2018 Meal Prices

Student Paid: \$2.25  
Student Reduced: \$4.40  
Adult: \$4.50

Check out our  
Dining Services Website!  
[www.metzpennsmanorarea.com](http://www.metzpennsmanorarea.com)

Ben Leverknight  
Food Service General Manager  
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USDA is an equal opportunity provider  
& employer.  
Menus is Subject to Change.



**Metz**  
CULINARY MANAGEMENT



Monday

1  
**Happy  
New Year  
2018!**

8  
★ **National  
Pizza Week!** ★  
**Cheese Pizza Sticks  
with Sauce**  
**Ham & Cheese Craveable**

Steamed Corn  
Choice of: Fresh Veggies,  
Fruit and Milk

15  
**Act 80 Day #2  
No School For Students**



22  
Potato & Cheese  
Pierogis with Roll  
Egg Salad on a Bun  
**Bread Stick Craveable**

Choice of: Fresh Veggies,  
Fruit and Milk

29

Toasted Cheese  
Sandwich  
**Turkey & Cheese Craveable**

Tomato Soup  
Choice of: Fresh Veggies,  
Fruit and Milk

Tuesday

2  
Potato & Cheese  
Pierogis with Roll  
Fish Nuggets with Roll  
**Yogurt Craveable**  
Choice of: Fresh Veggies,  
Fruit and Milk

9  
**BREAKFAST FOR LUNCH!**  
French Toast or Waffles  
Sausage Patty  
or Ham Slice  
**Ham & Cheese Craveable**

Hashbrown Potatoes  
Choice of: Fresh Veggies,  
Fruit and Milk

16  
Chicken Patty  
on a Bun  
**Italian Craveable**

Glazed Carrots  
Choice of: Fresh Veggies,  
Fruit and Milk

23  
Both Sides:  
**Nachos Grande**  
Taco Beef or Chicken  
with Cheese Sauce  
or  
**Bread Stick Craveable**

Steamed Corn  
Choice of: Fresh Veggies,  
Fruit and Milk

30

**BREAKFAST FOR LUNCH!**  
French Toast or Waffles  
Sausage Patty  
or Ham Slice  
**Turkey & Cheese Craveable**

Choice of: Fresh Veggies,  
Fruit and Milk

Wednesday

3  
**PASTA BAR!**  
Penne with Chicken Alfredo  
or Meat Sauce  
& Garlic Breadstick  
**Yogurt Craveable**  
Steamed Green Beans  
Choice of: Fresh Veggies,  
Fruit and Milk

10  
★ **Pepperoni  
Pizza** ★  
BBQ Ham Sandwich  
**Ham & Cheese Craveable**

Choice of: Fresh Veggies,  
Fruit and Milk

17  
**2nd Grade Parent Lunch**  
Both Sides:  
**Macaroni & Cheese Bar!**  
Plain or with Toppings:  
Pepperoni, Bacon & Ham  
with a Dinner Roll  
**Italian Craveable**

Choice of: Fresh Veggies,  
Fruit and Milk

24  
Ham & Cheese  
Flatbread Melt  
BBQ Pulled Pork on a Bun  
**Bread Stick Craveable**

Baked Beans  
Choice of: Fresh Veggies,  
Fruit and Milk

31

**PASTA BAR!**  
Penne with Chicken Alfredo  
or Meat Sauce  
& Garlic Breadstick  
**Turkey & Cheese Craveable**

Steamed Green Beans  
Choice of: Fresh Veggies,  
Fruit and Milk

Thursday

4  
Toasted Cheese  
Sandwich  
Hot Dog on a Bun  
**Yogurt Craveable**  
Tomato Soup  
Choice of: Fresh Veggies,  
Fruit and Milk

11  
Chicken & Gravy  
Open Faced Sandwich  
Egg Salad on a Bun  
**Ham & Cheese Craveable**

Mashed Potatoes  
Choice of: Fresh Veggies,  
Fruit and Milk

18  
Cheese Steak Hoagie  
Ham & Cheese  
Pretzel Melt  
**Italian Craveable**

French Fries  
Choice of: Fresh Veggies,  
Fruit and Milk

25  
Sloppy Joe on a Bun  
Popcorn Chicken  
with Roll  
**Bread Stick Craveable**

Mashed Potatoes  
Choice of: Fresh Veggies,  
Fruit and Milk

Friday

5  
**Both Sides:**  
**Chicken Sticks &  
French Fries Basket**  
or  
**Yogurt Craveable**  
Choice of: Fresh Veggies,  
Fruit and Milk

12  
★ **French  
Bread Pizza** ★  
Comet Buffet  
**Ham & Cheese Craveable**

Steamed Broccoli  
Choice of: Fresh Veggies,  
Fruit and Milk

19  
Meatball Parm Hoagie  
Comet Buffet  
(Chef's Choice)  
**Italian Craveable**

Choice of: Fresh Veggies,  
Fruit and Milk

26  
Cheese Pizza Sticks  
with Sauce  
Comet Buffet  
**Bread Stick Craveable**

Choice of: Fresh Veggies,  
Fruit and Milk



**January's  
Featured  
Fruit!**

**Nut-Free  
School**

**WE ARE A  
NUT FREE  
SCHOOL!**  
Please do not bring any products  
containing nuts (peanuts or tree  
nuts) into our school.  
Thank you for helping to keep our  
children safe.  
Penns Manor School District

**National Pizza Week!**  
January 8th thru 12th!

**Weekly Featured Craveable  
on the Options Line!**

**Watch and Listen for Surprise Lucky  
Tray Day Announcements!**

**Eat a Full Meal that Day for a  
Chance to Win an Ice Cream Cup!**