

January 2018



Penns Manor Area Junior/Senior High School Lunch Menu

Check out our Dining Services Website!
www.metzpennsmanorarea.com

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 and red peppers
- 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:
Smucker's Uncrustables

Ben Leverknight
Food Service
General Manager

leverkbe@pennsmanor.org
724.254.2666 Ext.2731

2017-2018 Meal Prices

Student Paid: \$2.45
Student Reduced: \$.40
Adult: \$4.50

USDA is an equal opportunity provider & employer.
Menu is Subject to Change.

Sauce It UP!

- Asian BBQ
- Chipotle Mayo
- Herbed Mayo
- Creamy Horseradish Sauce
- Buffalo Parmesan Ranch



Try One from the Grab & Go Cooler on the "Up for Grabs" Line!
Weekly Feature now listed on the Menu!

Monday

1
Happy New Year 2018!

8
Mexican Bar!
Chicken Patty on a Bun
Ham & Cheese Craveable
Pepperoni Pizza
Steamed Corn
Choice of: Fresh Veggies, Fruit and Milk

15
Act 80 Day #2
No School For Students!

22
Pierogis with Roll
Chicken Patty on a Bun
Bread Stick Craveable
Pepperoni Pizza
Choice of: Fresh Veggies, Fruit and Milk

29
Texas Toasted Cheese
Hot Dogs on a Bun (2)
Turkey & Cheese Craveable
Pepperoni Pizza
Tomato Soup
Choice of: Fresh Veggies, Fruit and Milk

Tuesday

2
Pierogis with Roll
Chicken Nuggets with Roll
Yogurt Craveable
Buffalo Chicken Pizza
Choice of: Fresh Veggies, Fruit and Milk

9
Brunch Bar!
Kielbasa Hoagie
Ham & Cheese Craveable
Buffalo Chicken Pizza
Choice of: Fresh Veggies, Fruit and Milk

16
Popcorn Chicken with Roll
Italian Sausage Sandwich
Italian Craveable
Buffalo Chicken Pizza
Glazed Carrots
Choice of: Fresh Veggies, Fruit and Milk

23
(2) Hard Shell Beef Tacos
Italian Flatbread Melt
Bread Stick Craveable
Buffalo Chicken Pizza
Steamed Corn
Choice of: Fresh Veggies, Fruit and Milk

30
Brunch Bar!
Kielbasa Hoagie
Turkey & Cheese Craveable
Buffalo Chicken Pizza
Choice of: Fresh Veggies, Fruit and Milk

Wednesday

3
Pasta Bar!
BBQ Pulled Pork on a Bun
Yogurt Craveable
Pepperoni Pizza
Steamed Green Beans
Choice of: Fresh Veggies, Fruit and Milk

10
Salad Bar!
Meatball Parm Hoagie
Ham & Cheese Craveable
Pepperoni Pizza
Choice of: Fresh Veggies, Fruit and Milk

17
Macaroni & Cheese Bar!
BBQ Ham Sandwich
Italian Craveable
Pepperoni Pizza
Choice of: Fresh Veggies, Fruit and Milk

24
Deli Bar!
BBQ Pork Rib on a Bun
Bread Stick Craveable
Pepperoni Pizza
Baked Beans
Choice of: Fresh Veggies, Fruit and Milk

31
Pasta Bar!
BBQ Pulled Pork on a Bun
Turkey & Cheese Craveable
Pepperoni Pizza
Steamed Green Beans
Choice of: Fresh Veggies, Fruit and Milk

Thursday

4
Texas Toasted Cheese
Hot Dogs on a Bun (2)
Yogurt Craveable
Buffalo Chicken Pizza
Tomato Soup
Choice of: Fresh Veggies, Fruit and Milk

11
Baked Chicken with Roll
BBQ Pork Rib on a Bun
Ham & Cheese Craveable
Buffalo Chicken Pizza
Mashed Potatoes
Choice of: Fresh Veggies, Fruit and Milk

18
Cheese Steak Bar!
Hot Dogs on a Bun (2)
Italian Craveable
Buffalo Chicken Pizza
French Fries
Choice of: Fresh Veggies, Fruit and Milk

25
Creamed Chicken & Biscuit
Sloppy Joe on a Bun
Bread Stick Craveable
Buffalo Chicken Pizza
Mashed Potatoes
Choice of: Fresh Veggies, Fruit and Milk

Friday

5
Both Sides:
Chicken Sticks & French Fries Basket
Yogurt Craveable
Meatlover's Pizza
Choice of: Fresh Veggies, Fruit and Milk

12
Both Sides:
Asian Noodle Bar
Ham & Cheese Craveable
Meatlover's Pizza
Steamed Broccoli
Choice of: Fresh Veggies, Fruit and Milk

19
Both Sides:
Loaded Cheeseburger
Tater Tot Bowl
Italian Craveable
Meatlover's Pizza
Choice of: Fresh Veggies, Fruit and Milk

26
Both Sides:
Comet Stromboli:
Sausage, Pepperoni & Cheese with Sauce!
Bread Stick Craveable
Choice of: Fresh Veggies, Fruit and Milk



January's Featured Fruit!

Serving Lines!
Listed on the menu in this order:
"Entree Line!"
- Line up along the wall by the Gym.
"Up For Grabs Line"
- Line up by the Courtyard Windows

Mexican Bar!
Taco Beef or Chicken
Nacho Chips or Tortilla
Peppers & Onions, Cheese
Sauce or Shredded Cheddar

Salad Bar!
Crispy Chicken, Grilled
Chicken, Deli Meats,
Bacon, Shredded Cheese,
Hard Cooked Egg
& Dinner Roll

Asian Noodle Bar!
Choose Pork or Chicken
Served over Lo Mein Noodles
with Broth and Fresh Green
Onions.

Macaroni & Cheese Bar!
Choice of Plain or Chopped
Toppings: Pepperoni, Bacon,
Ham or Buffalo Chicken
with a Dinner Roll.

Pasta Bar!
Chicken Alfredo,
Meat Sauce, Marinara Sauce
or Meatballs.
Penne or Bow Tie Pasta
& Garlic Breadsticks.

Brunch Bar!
French Toast Sticks or
Waffles, Scrambled Eggs,
Sausage Patty or Ham Slice,
Hashbrown Potatoes.

**Announcing the Return
of Comet Stromboli's!!**
Friday January 26th!!

Deli Bar!
Choice of Breads and Rolls.
Ham, Turkey, Salami,
Pepperoni, Bacon. Sliced
Cheeses: American, Swiss,
or Provolone .

Cheese Steak Bar!
Chicken or Philly Steak
Shredded Cheddar,
Mozzarella or Cheese Sauce
Mushrooms. Peppers &
Onions.