

**Penn Manor School District**  
**October - 2011**  
**High School Menu**

To Make Credit Card Payments visit: <http://www.mynutrikids.com> or click on the link at <http://www.pennmanor.net>  
\*\*\*\*\* [mynutrikids.com](http://www.mynutrikids.com) allows you to use your Visa, Master Card, Discover Card or PayPal.

**All Cafeteria Managers are proud members of The School Nutrition Association of PA ~ "Making the Right Food Choices , Together"**

Elementary students paying cash daily or have exhausted their lunch ticket will be permitted to charge no more than 5 lunches. Charged lunches should be paid for the next school day. When students have reached 3 charged lunches, a warning envelope will be sent home advising the parent of the charged meals. In the event when a student has accumulated 5 charged lunches and doesn't have money for lunch, a modified lunch consisting of fruit, crackers and milk will be provided to the student. Meals will always be provided to K-3 students or any disabled student as per federal regulation. Students will not be permitted to purchase ala carte items when they have a negative balance for charged lunches. Secondary students are not permitted to charge lunches.

<b>High School Menu</b> <b>MENUS SUBJECT TO CHANGE</b> <b>School Board Meeting:</b> Oct. 3 and 17, 2011 Manor Middle Board Room 7:00 p.m.		<b>Elem. Lunch - \$2.15</b> <b>Sec. Lunch:</b> <b>\$2.30/\$3.00/\$3.25/\$3.50</b> <b>Reduced Lunch - \$.40</b> <b>Student Milk - \$.60</b> <b>Adult Lunch- \$3.50/\$4.10</b>	<b>PRE-PAID TICKET INFORMATION:</b> <b>Elementary - \$50.00</b> <b>Secondary - \$50.00</b> <b>Reduced - \$10.00</b>	We welcome your comments, questions and suggestions. Contact the Food Services Department: Randy Wolfgang - 872-9500 ext. 2228
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>10/3/11 DAY 5</b>	<b>10/4/11 DAY 6</b>	<b>10/5/11 DAY 1</b>	<b>10/6/11 DAY 2</b>	<b>10/7/11 DAY 3</b>
Popcorn Chicken Fluffy Whipped Potatoes Dinner Roll Assorted Fruit Choice of Milk	Grilled Cheese Sandwich Relish Tray Tomato Soup Assorted Fruit Choice of Milk	Twisted Sticks w / Sauce Side Salad Creamy Pudding Assorted Fruit Choice of Milk	Turkey or American Hoagie French Fries Chilled Fruit Juice Assorted Fruit Choice of Milk	Italian Cheese Pizza Assorted Vegetable Tray Ice Cream Sandwich Assorted Fruit Choice of Milk
<b>October 10, 2011</b>	<b>10/11/11 DAY 4</b>	<b>10/12/11 DAY 5</b>	<b>10/13/11 DAY 6</b>	<b>10/14/11 DAY 1</b>
NO SCHOOL HOLIDAY	Beef Ravioli Italian Bread Tossed Salad Creamy Pudding Assorted Fruit Choice of Milk	Chicken Tenders Fluffy Whipped Potatoes Steamed Green Beans Assorted Fruit Choice of Milk	Tangy Tacos Refried Beans Baked Potato Yellow Corn Assorted Fruit Choice of Milk	Twisted Edge Pizza w / Pepperoni Side Salad ** Peanut Butter Crackers ** Assorted Fruit Choice of Milk
<b>10/17/11 DAY 2</b>	<b>10/18/11 DAY 3</b>	<b>10/19/11 DAY 4</b>	<b>10/20/11 DAY 5</b>	<b>10/21/11 DAY 6</b>
Chicken Nuggets Seasoned Pasta Plump Peas Assorted Fruit Choice of Milk	Pizza Sticks w / Sauce Side Salad Angel Food Cake Assorted Fruit Choice of Milk	Hot Ham & Cheese / Pretzel Roll Baked Doritos Chilled Fruit Juice Assorted Fruit Choice of Milk	Spicy Chicken Patty / Roll Twister Fries Steamed Corn Assorted Fruit Choice of Milk	Italian Cheese Pizza Nachos & Salsa ** Nutty Buddy Cone ** Assorted Fruit Choice of Milk
<b>10/24/11 DAY 1</b>	<b>10/25/11 DAY 2</b>	<b>10/26/11 DAY 3</b>	<b>10/27/11 DAY 4</b>	<b>10/28/11 DAY 5</b>
Steak Sandwich French Fries Chilled Fruit Juice Assorted Fruit Choice of Milk	Popcorn Chicken Whipped Potatoes Dinner Roll Chilled Fruit Juice Assorted Fruit Choice of Milk	Cheesey Max Snax Side Salad Creamy Pudding Assorted Fruit Choice of Milk	Roast Turkey Fluffy Whipped Potatoes Oven Fresh Bisquit Steamed Corn Assorted Fruit Choice of Milk	Cheese Quesadilla Pizza Chicken Noodle Soup Chilled Fruit Juice Assorted Fruit Choice of Milk
<b>MENUS ARE NOW ON THE INTERNET - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b>				

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

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

(Please write your child's first & last name on your check when purchasing a meal ticket!)

Please make checks payable: **Penn Manor School District**

**Soup & Salad Bar available daily - \$3.25**

Meal tickets can now be used to purchase breakfast, lunches, and ala carte items.

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