

Penn Manor School District
October 2012
High School Menu

To Make Credit Card Payments visit: <http://www.mynutrikids.com> or click on the link at <http://www.pennmanor.net>
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All Cafeteria Managers are proud members of The School Nutrition Association of PA ~ "Making the Right Food Choices , Together"

High School Menu		Elem. Lunch - \$2.15 Sec. Lunch: \$2.30/\$3.25/\$3.50/\$3.75	PRE-PAID TICKET INFORMATION:	
MENUS SUBJECT TO CHANGE		Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.50/\$4.50	Elementary - \$50.00 Secondary - \$50.00 Reduced - \$10.00	We welcome your comments, questions and suggestions. Contact the Food Services Department: Randy Wolfgang - 872-9500 ext. 2228
School Board Meeting: October 1 and 15, 2012 Manor Middle Board Room 7:00 p.m.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/1/12 DAY 6	10/2/12 DAY 1	10/3/12 DAY 2	10/4/12 DAY 3	10/5/12 DAY 4
Popcorn Chicken Steamed Corn Tossed Salad Steamed Pasta Assorted Fruit Fruit Juice Choice of Milk	Grilled Cheese Sandwich Tomato Soup Broccoli Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk	Steak Sandwich Baked Beans Baby Carrots w / Dip Assorted Fruit Fruit Juice Choice of Milk	Chicken Patty / Roll Sweet Potato Criss Cuts Grape Tomatoes w / Dip Assorted Fruit Fruit Juice Choice of Milk	French Bread Pizza Tossed Salad Celery Sticks w / Dip Assorted Fruit Fruit Juice Choice of Milk
October 8, 2012	10/9/12 DAY 5	10/10/12 DAY 6	10/11/12 DAY 1	10/12/12 DAY 2
NO SCHOOL HOLIDAY	Hamburger / Roll Golden Potato Rounds Steamed Peas Baby Carrots w / Dip Assorted Fruit Fruit Juice Choice of Milk	Pizza Sticks w / Sauce Tossed Salad Cucumber Slices w / Dip Assorted Fruit Fruit Juice Choice of Milk	Chicken Nuggets Candied Sweet Potatoes Cauliflower Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Fresh Vegetable Tray w / Dip Roasted Garbanzo Beans Assorted Ice Cream Assorted Fruit Fruit Juice Choice of Milk
10/15/12 DAY 3	10/16/12 DAY 4	10/17/12 DAY 5	10/18/12 DAY 6	10/19/12 DAY 1
Chicken Tenders Mashed Potatoes Glazed Carrots Assorted Fruit Fruit Juice Choice of Milk	Tangy Tacos Fiesta Rice Refried Beans Baby Carrots w / Dip Assorted Fruit Fruit Juice Choice of Milk	Hot Ham & Cheese / Pretzel Roll Sweet Potato Puffs Grape Tomatoes w / Dip Assorted Fruit Fruit Juice Choice of Milk	BBQ Chicken Filet / Roll French Fries Celery Sticks w / Dip Assorted Fruit Fruit Juice Choice of Milk	Personal Pan Pizza Romaine Lettuce Salad Baby Carrots w / Dip Assorted Fruit Fruit Juice Choice of Milk
10/22/12 DAY 2	10/23/12 DAY 3	10/24/12 DAY 4	10/25/12 DAY 5	10/26/12 DAY 6
Popcorn Chicken Whipped Potatoes Yellow Corn Assorted Fruit Fruit Juice Choice of Milk	Spaghetti w / Meatsauce Tossed Salad Dinner Roll Cucumber Slices w / Dip Assorted Fruit Fruit Juice Choice of Milk	Ham or Turkey Hoagie French Fries Baby Carrots w / Dip Assorted Fruit Fruit Juice Choice of Milk	Roast Turkey Candied Sweet Potatoes Steamed Green Beans Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Tossed Salad Celery Sticks w / Dip Ice Cream Sandwich Assorted Fruit Fruit Juice Choice of Milk
10/29/12 DAY 1	10/30/12 DAY 2	10/31/12 DAY 3	11/1/12 DAY 4	11/2/12 DAY 5
Pizza Sticks w / Sauce Tossed Salad Broccoli Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk	Egg McComet / Roll Hash Brown Potato Cucumber Slices w / Dip Assorted Fruit Fruit Juice Choice of Milk	Grilled Cheese Sandwich Tomato Soup Black Bean Salad Assorted Fruit Fruit Juice Choice of Milk	Chicken Nuggets Fluffy Whipped Potatoes Baby Carrots w / Dip Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Fresh Vegetable Tray w / Dip Steamed Corn Assorted Fruit Fruit Juice Choice of Milk

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

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

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

(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

Parents & Students-On December 3, 2010, President Obama signed into law the Healthy, Hunger-Free Kids Act of 2010. This legislation marked the most comprehensive changes to the school nutrition environment in more than a generation. The new lunch meal pattern is effective with this school year, the major changes are as follows: -flavored (chocolate & strawberry) milk must be non-fat, -breads/grains must be whole grain and the required weekly grain servings have been reduced, -increase the daily serving requirements of fruits and vegetables, and establish weekly minimums for all vegetable subgroups (dark green, red/orange, starchy, beans/legumes and "other"), -establish a minimum and maximum daily serving size of meat and protein.

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