

**Penn Manor School District
October 2012
High School Menu**

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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.

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| High School Menu | | Elem. Lunch - \$2.15 Sec. Lunch: \$2.30/\$3.25/\$3.50/\$3.75 Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.50/\$4.50 | | PRE-PAID TICKET INFORMATION: 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 | | | | | |
| MENUS SUBJECT TO CHANGE 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.