

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

To Make Credit Card Payments visit [www.myschoolbucks.com](http://www.myschoolbucks.com) or click on the link at <http://www.pennmanor.net>

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

<b>High School Menu</b> MENUS SUBJECT TO CHANGE <b>School Board Meeting:</b> <b>November 5 and 19, 2012</b> <b>Manor Middle Board Room</b> <b>7:00 p.m.</b>  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>Elem. Lunch - \$2.15</b> <b>Sec. Lunch:</b> <b>\$2.30/\$3.25/\$3.50/\$3.75</b> <b>Reduced Lunch - \$.40</b> <b>Student Milk - \$.60</b> <b>Adult Lunch- \$3.50/\$4.50</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>11/5/2012 DAY 4</b>	<b>11/6/2012 DAY 5</b>	<b>11/7/12 DAY 6</b>	<b>11/8/12 DAY 1</b>	<b>11/9/12 DAY 2</b>
	Pizza Sticks w / Sauce Tossed Salad Broccoli Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk	Steak Sandwich Hash Brown Potatoes Steamed Green Beans Assorted Fruit Fruit Juice Choice of Milk	Popcorn Chicken Fluffy Whipped Potatoes Dinner Roll Broccoli Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk	Cheesburg Sub Sweet Potato Rounds Tossed Salad Assorted Fruit Fruit Juice Choice of Milk	Cheese Quesadilla Pizza Baby Carrots w / Dip Steamed Corn Assorted Fruit Fruit Juice Choice of Milk
	<b>11/12/12 DAY 3</b>	<b>11/13/12 DAY 4</b>	<b>11/14/12 DAY 5</b>	<b>11/15/12 DAY 6</b>	<b>11/16/12 DAY 1</b>
	Chicken Patty / Roll Sweet Potato Crisccuts Tossed Salad Assorted Fruit Fruit Juice Choice of Milk	Tangy Tacos Refried Beans Steamed Corn Tasty Juicy Gel Assorted Fruit Fruit Juice Choice of Milk	Grilled Cheese Tomato Soup Cucumber Slices w / Dip Fruit Turnover Assorted Fruit Fruit Juice Choice of Milk	Roast Turkey Bread Stuffing Whipped Potatoes Plump Peas Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Fresh Vegetable Tray w / Dip Steamed Broccoli Cuts Creamy Pudding Assorted Fruit Fruit Juice Choice of Milk
	<b>11/19/12 DAY 2</b>	<b>11/20/12 DAY 3</b>	<b>11/21/12 DAY 4</b>	<b>November 22, 2012</b>	<b>November 23, 2012</b>
	Chicken Nuggets Fluffy Whipped Potatoes Glazed Carrots Assorted Fruit Fruit Juice Choice of Milk	Hot Ham & Cheese / Pretzel Roll Baked French Fries Grape Tomatoes w / Dip Assorted Fruit Fruit Juice Choice of Milk	Personal Pan Pizza Tossed Salad Celery Sticks w / Dip Ice Cream Sandwich Assorted Fruit Fruit Juice Choice of Milk	<b>NO SCHOOL HOLIDAY</b>	<b>NO SCHOOL HOLIDAY</b>
	<b>November 26, 2012</b>	<b>11/27/12 DAY 5</b>	<b>11/28/12 DAY 6</b>	<b>11/29/12 DAY 1</b>	<b>11/30/12 DAY 2</b>
	<b>NO SCHOOL HOLIDAY</b>	BBQ Chicken Filet / Roll Sweet Potato Fries Steamed Corn Assorted Fruit Fruit Juice Choice of Milk	Pizza Sticks Romaine Lettuce Salad Cauliflower Florets w / Dip Strawberry Shortcake Assorted Fruit Fruit Juice Choice of Milk	Popcorn Chicken Fluffy Whipped Potatoes Dinner Roll Red Pepper Strips w / Dip Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Tossed Salad Sweet Potato Puffs Assorted Fruit Fruit Juice Choice of Milk
<b>MENUS ARE NOW ON THE INTERNET - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b>					
Parents are encouraged to purchase for their child pre-paid meals!			<b>** Contains Peanuts And / Or Nuts **</b>		

(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.