

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

To Make Credit Card Payments visit 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"

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.

High School Menu		PRE-PAID TICKET INFORMATION:		
MENUS SUBJECT TO CHANGE				
School Board Meeting: November 5 and 19, 2012 Manor Middle Board Room 7:00 p.m.		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		We welcome your comments, questions and suggestions. Contact the Food Services Department: Randy Wolfgang - 872-9500 ext. 2228
MONDAY		TUESDAY	WEDNESDAY	THURSDAY
11/5/2012 DAY 4		11/6/2012 DAY 5	11/7/12 DAY 6	11/8/12 DAY 1
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
11/12/12 DAY 3		11/13/12 DAY 4	11/14/12 DAY 5	11/15/12 DAY 6
Chicken Patty / Roll Sweet Potato Crissscuts 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
11/19/12 DAY 2		11/20/12 DAY 3	11/21/12 DAY 4	November 22, 2012
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
				NO SCHOOL HOLIDAY
				NO SCHOOL HOLIDAY
November 26, 2012		11/27/12 DAY 5	11/28/12 DAY 6	11/29/12 DAY 1
NO SCHOOL HOLIDAY		BBQ Chicken Filet / Roll Sweet Potato Fries Steamed Corn 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
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.