

Penn Manor School District
December 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"

<p>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.</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" style="background-color: #e0e0e0;">High School Menu</td><td colspan="3" style="background-color: #e0e0e0;">PRE-PAID TICKET INFORMATION:</td><td></td></tr> <tr> <td colspan="2">MENUS SUBJECT TO CHANGE</td><td colspan="3">Elem. Lunch - \$2.15 Sec. Lunch: \$2.30/\$3.25/\$3.50/\$3.75</td><td></td></tr> <tr> <td colspan="2">School Board Meeting: Dec. 3, 2012 Manor Middle Board Room 4:00 p.m.</td><td colspan="3">Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.50/\$4.50</td><td>Elementary - \$50.00 Secondary - \$50.00 Reduced - \$10.00</td></tr> <tr> <td colspan="2">MONDAY</td><td colspan="2">TUESDAY</td><td colspan="2">WEDNESDAY</td></tr> <tr> <td colspan="2">12/3/12 DAY 3</td><td colspan="2">12/4/12 DAY 4</td><td colspan="2">12/5/12 DAY 5</td></tr> <tr> <td colspan="2">Chicken Nuggets Fluffy Whipped Potatoes Glazed Carrots Assorted Fruit Fruit Juice Choice of Milk</td><td colspan="2">Grilled Cheese Sandwich Tomato Soup Cucumber Slices w / Dip Assorted Fruit Fruit Juice Choice of Milk</td><td colspan="2">Tangy Tacos Refried Beans Steamed Corn Assorted Fruit Fruit Juice Choice of Milk</td></tr> <tr> <td colspan="2">12/10/12 DAY 2</td><td colspan="2">12/11/12 DAY 3</td><td colspan="2">12/12/12 DAY 4</td></tr> <tr> <td colspan="2">Chicken Tenders Sweet Potato Crisscuts Grape Tomatoes w / Dip Assorted Fruit Fruit Juice Choice of Milk</td><td colspan="2">Steak Sandwich Tossed Salad Baked Beans Assorted Fruit Fruit Juice Choice of Milk</td><td colspan="2">Spaghetti w / Meat Sauce Tossed Salad Dinner Roll Creamy Pudding Assorted Fruit Fruit Juice Choice of Milk</td></tr> <tr> <td colspan="2">12/17/12 DAY 1</td><td colspan="2">12/18/12 DAY 2</td><td colspan="2">12/19/12 DAY 3</td></tr> <tr> <td colspan="2">Stuffed Shells Tossed Salad Dinner Roll Assorted Fruit Fruit Juice Choice of Milk</td><td colspan="2">Chicken Nuggets Steamed Green Beans Grape Tomatoes w / Dip Assorted Fruit Fruit Juice Choice of Milk</td><td colspan="2">Pizza Sticks w / Sauce Tossed Salad Cauliflower Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk</td></tr> <tr> <td colspan="2">December 24, 2012</td><td colspan="2">December 25, 2012</td><td colspan="2">December 26, 2012</td></tr> <tr> <td colspan="2">NO SCHOOL HOLIDAY</td><td colspan="2">NO SCHOOL HOLIDAY</td><td colspan="2">NO SCHOOL HOLIDAY</td></tr> <tr> <td colspan="2">NO SCHOOL HOLIDAY</td><td colspan="2">NO SCHOOL HOLIDAY</td><td colspan="2">NO SCHOOL HOLIDAY</td></tr> </table>	High School Menu		PRE-PAID TICKET INFORMATION:				MENUS SUBJECT TO CHANGE		Elem. Lunch - \$2.15 Sec. Lunch: \$2.30/\$3.25/\$3.50/\$3.75				School Board Meeting: Dec. 3, 2012 Manor Middle Board Room 4:00 p.m.		Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.50/\$4.50			Elementary - \$50.00 Secondary - \$50.00 Reduced - \$10.00	MONDAY		TUESDAY		WEDNESDAY		12/3/12 DAY 3		12/4/12 DAY 4		12/5/12 DAY 5		Chicken Nuggets Fluffy Whipped Potatoes Glazed Carrots Assorted Fruit Fruit Juice Choice of Milk		Grilled Cheese Sandwich Tomato Soup Cucumber Slices w / Dip Assorted Fruit Fruit Juice Choice of Milk		Tangy Tacos Refried Beans Steamed Corn Assorted Fruit Fruit Juice Choice of Milk		12/10/12 DAY 2		12/11/12 DAY 3		12/12/12 DAY 4		Chicken Tenders Sweet Potato Crisscuts Grape Tomatoes w / Dip Assorted Fruit Fruit Juice Choice of Milk		Steak Sandwich Tossed Salad Baked Beans Assorted Fruit Fruit Juice Choice of Milk		Spaghetti w / Meat Sauce Tossed Salad Dinner Roll Creamy Pudding Assorted Fruit Fruit Juice Choice of Milk		12/17/12 DAY 1		12/18/12 DAY 2		12/19/12 DAY 3		Stuffed Shells Tossed Salad Dinner Roll Assorted Fruit Fruit Juice Choice of Milk		Chicken Nuggets Steamed Green Beans Grape Tomatoes w / Dip Assorted Fruit Fruit Juice Choice of Milk		Pizza Sticks w / Sauce Tossed Salad Cauliflower Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk		December 24, 2012		December 25, 2012		December 26, 2012		NO SCHOOL HOLIDAY											
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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.