

**Penn Manor School District  
March 2013  
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"

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>High School Menu</b>		<b>PRE-PAID TICKET INFORMATION:</b>		
<b>MENUS SUBJECT TO CHANGE</b> <b>School Board Meeting:</b> <b>March 4 and 18, 2013</b> <b>Manor Middle Board Room</b> <b>7:00 p.m.</b>		<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>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>3/4/13 DAY 4</b>	<b>3/5/13 DAY 5</b>	<b>3/6/13 DAY 6</b>	<b>3/7/13 DAY 1</b>	<b>3/8/13 DAY 2</b>
Chicken Tenders Fluffy Whipped Potatoes Steamed Glazed Carrots Fruit Juice Assorted Fruit Choice of Milk	Cheeseburger Tasty Baked Beans Baked Macaroni & Cheese Celery Sticks w / Dip Fruit Juice Assorted Fruit Choice of Milk	Pizza Sticks w / Dipping Sauce Tossed Salad Fruit Juice Assorted Fruit Choice of Milk	Tangy Tacos Baked Potato Steamed Corn Fruit Juice Assorted Fruit Choice of Milk	Italian Cheese Pizza Fresh Vegetable Tray w / Dip <b>** Nutty Buddy Cone **</b> Fruit Juice Assorted Fruit Choice of Milk
<b>3/11/13 DAY 3</b>	<b>3/12/13 DAY 4</b>	<b>3/13/13 DAY 5</b>	<b>3/14/13 DAY 6</b>	<b>3/15/13 DAY 1</b>
Steak Hoagie French Fries Steamed Green Beans Fruit Juice Assorted Fruit Choice of Milk	Chicken Patty / Roll Golden Potato Wedges Red Pepper Strips w / Dip Fruit Juice Assorted Fruit Choice of Milk	Grilled Cheese Tomato Soup Baked Chips Spinach Salad Fruit Juice Assorted Fruit Choice of Milk	Chicken Nuggets Fluffy Whipped Potatoes Steamed Corn Celery Sticks w / Dip Fruit Juice Assorted Fruit Choice of Milk	French Bread Pizza Tossed Salad <b>** Assorted Ice Cream **</b> Fruit Juice Assorted Fruit Choice of Milk
<b>3/18/13 DAY 2</b>	<b>3/19/13 DAY 3</b>	<b>3/20/13 DAY 4</b>	<b>3/21/13 DAY 5</b>	<b>3/22/13 DAY 6</b>
Popcorn Chicken Fluffy Whipped Potatoes Steamed Corn Strawberry Shortcake Fruit Juice Assorted Fruit Choice of Milk	Ham & Cheese / Pretzel Roll Sweet Potato Crisps Cauliflower Florets w / Dip Fruit Juice Assorted Fruit Choice of Milk	Chicken Tenders Oven Brown Potatoes Black Bean Salad Fruit Juice Assorted Fruit Choice of Milk	Roast Turkey Sweet Potatoes Steamed Green Beans Dinner Roll Fruit Juice Assorted Fruit Choice of Milk	Italian Cheese Pizza Tossed Salad Ice Cream Sandwich Fruit Juice Assorted Fruit Choice of Milk
<b>3/25/13 DAY 1</b>	<b>3/26/13 DAY 2</b>	<b>3/27/13 DAY 3</b>	<b>March 28, 2013</b>	<b>March 29, 2013</b>
Pizza Sticks w / Sauce Tossed Salad Steamed Corn Chilled Fruit Juice Fruit Juice Assorted Fruit Choice of Milk	Chicken & Waffles Fluffy Whipped Potatoes Baby Carrots w / Dip Fruit Juice Assorted Fruit Choice of Milk	Personal Pan Pizza Spinach Salad Baked Doritos Cucumber Slices w / Dip Fruit Juice Assorted Fruit Choice of Milk	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
<b>MENUS ARE NOW ON THE INTERNET - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b>				
<b>Parents are encouraged to purchase for their child pre-paid meals!</b>			<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 - \$3.75  
Salad Bar Only - \$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.**