

**Penn Manor School District**  
**May - June 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"**

<b>High School Menu</b>		<b>PRE-PAID TICKET INFORMATION:</b>		
MENUS SUBJECT TO CHANGE		Elem. Lunch - \$2.15 Sec. Lunch: <b>\$2.30/\$3.25/\$3.50/\$3.75</b>		
<b>School Board Meeting:</b> May 6 & 20, June 3 & 17, 2013 <b>Manor Middle Board Room</b> 7:00 p.m.		<b>Reduced Lunch - \$.40</b> <b>Student Milk - \$.60</b> <b>Adult Lunch- \$3.50/\$4.50</b>		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/6/13 DAY 4	5/7/13 DAY 5	5/8/13 DAY 6	5/9/13 DAY 1	5/10/13 DAY 2
Chicken Tenders Sweet Potatoes Puffs Steamed Corn Chilled Fruit Juice Assorted Fruit Choice of Milk	Hot Ham & Cheese / Pretzel Roll Oven Brown Potatoes Baby Carrots w / Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Pizza Sticks w / Sauce Tossed Salad Tasty Baked Beans Chilled Fruit Juice Assorted Fruit Choice of Milk	Chicken Nuggets Fluffy Whipped Potatoes California Blend Vegetables Chilled Fruit Juice Assorted Fruit Choice of Milk	Stuffed Crust Pizza Celery Sticks w / Dip ** Nutty Buddy Cone ** Chilled Fruit Juice Assorted Fruit Choice of Milk
5/13/13 DAY 3	5/14/13 DAY 4	5/15/13 DAY 5	5/16/13 DAY 6	5/17/13 DAY 1
Popcorn Chicken Fluffy Whipped Potatoes Steamed Corn Dinner Roll Chilled Fruit Juice Assorted Fruit Choice of Milk	Grilled Cheese Tomato Soup Spinach Salad Baked Chips Chilled Fruit Juice Assorted Fruit Choice of Milk	Tangy Tacos Baked Potato Yellow Corn Refried Beans Chilled Fruit Juice Assorted Fruit Choice of Milk	Roast Turkey Candied Sweet Potatoes Fresh Vegetable Tray Dinner Roll Chilled Fruit Juice Assorted Fruit Choice of Milk	Italian Cheese Pizza tossed Salad Steamed Green Beans Chilled Fruit Juice Assorted Fruit Choice of Milk
May 20, 2013	May 21, 2013	5/22/13 DAY 2	5/23/13 DAY 3	5/24/13 DAY 4
<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	BBQ Chicken Filet / Roll French Fries Black Bean Salad Chilled Fruit Juice Assorted Fruit Choice of Milk	Steak Hoagie French Fries Cucumber Slices w / Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Personal Pan Pizza Spinach Salad Ice Cream Sandwich Chilled Fruit Juice Assorted Fruit Choice of Milk
May 27, 2013	5/28/13 DAY 5	5/29/13 DAY 6	5/30/13 DAY 1	5/31/13 DAY 2
<b>NO SCHOOL</b> <b>HOLIDAY</b>	Chicken Fries Sweet Potato Crisccuts Manager's Choice Vegetables Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Sticks w / Sauce Tossed Salad Red Pepper Strips w / Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Chicken Tenders Fluffy Whipped Potatoes Steamy Peas Chilled Fruit Juice Assorted Fruit Choice of Milk	Italian Cheese Pizza Sweet Potato Fries Celery Sticks w / Dip Chilled Fruit Juice Assorted Fruit Choice of Milk
6/3/13 DAY 3	6/4/13 DAY 4	6/5/13 DAY 5	6/6/13 DAY 6	June 7, 2013
Popcorn Chicken Fluffy Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Choice of Milk	Grilled Cheese Tomato Soup Baked Doritos Assorted Fruit Choice of Milk	Chicken Nuggets Manager's Choice of Potatoes Baby Carrots w / Dip Assorted Fruit Choice of Milk	Italian Cheese Pizza Fresh Vegetable Tray ** Assorted Ice Cream ** Assorted Fruit Choice of Milk	<b>LAST DAY OF SCHOOL</b>

**MENUS ARE NOW ON THE INTERNET - [www.pennmanor.net](http://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 - \$3.75

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.**