

**Penn Manor School District
August-September 2013
High School Menu**

Dear Parents: Penn Manor School District offers mySchoolBucks, a convenient online service that allows you to securely pay for your student(s) meals online using your credit/debit card or electronic check. You can: (1) set up recurring payments, (2) track and review meal purchase history, (3) create low balance alerts, (4) and more! Sign up now! Registering for your FREE account is easy, go to www.mySchoolBucks.com. Create a secure account and never worry again about sending cash or checks with your student(s) to school again.

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 Meetings: Sept.3 (Tues.) & Sept. 16, 2013 Manor Middle Board Room 7:00 p.m.		Elem. Lunch - \$2.25 Sec. Lunch: \$2.40/\$3.25/\$3.50/\$3.75 Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.50/\$4.50	Elementary - \$50.00 Secondary - \$50.00 Reduced - \$10.00	We welcome your comments, questions and suggestions. Contact the Food Services Department: Randy Wolfgang - 872-9500 ext. 2228
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/26/2013 DAY 1	8/27/13 DAY 2	8/28/13 DAY 3	8/29/13 DAY 4	August 30, 2013
BBQ Chicken Filet / Roll French Fries Steamed Corn Baked Sun Chips Assorted Fruit Fruit Juice Choice of Milk	Stuffed Shells Tossed Salad Dinner Roll Celery Sticks w / Dip Assorted Fruit Fruit Juice Choice of Milk	Chicken Tenders Fluffy Whipped Potatoes California Blend Vegetables Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Spinach Salad Baby Carrots w / Dip Ice Cream Sandwich Assorted Fruit Fruit Juice Choice of Milk	HOLIDAY NO SCHOOL
September 2, 2013	9/3/13 DAY 5	9/4/13 DAY 6	9/5/13 DAY 1	9/6/13 DAY 2
HOLIDAY NO SCHOOL	Popcorn Chicken Fluffy Whipped Potatoes Steamed Green Beans Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	Grilled Cheese Sandwich Tomato Soup w / Crackers Romaine Lettuce Salad Assorted Fruit Fruit Juice Choice of Milk	Steak Hoagie French Fries Tasty Baked Beans Assorted Fruit Fruit Juice Choice of Milk	French Bread Pizza Tossed Salad Celery Sticks w / Dip Assorted Fruit Fruit Juice Choice of Milk
9/9/13 DAY 3	9/10/13 DAY 4	9/11/13 DAY 5	9/12/13 DAY 6	9/13/13 DAY 1
Chicken Nuggets Fluffy Whipped Potatoes Glazed Carrots Assorted Fruit Fruit Juice Choice of Milk	Tangy Tacos w / Lettuce & Tomato Fiesta Rice Refried Beans Assorted Fruit Fruit Juice Choice of Milk	Pizza Sticks w / Sauce Tossed Salad Cucumber Slices w / Dip Baked Doritos Assorted Fruit Fruit Juice Choice of Milk	Chicken Patty / Roll Sweet Potato Puffs Steamy Peas Baked Macaroni & Cheese Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Tossed Salad Fresh Vegetable Tray w / Dip Steamed Corn Assorted Fruit Fruit Juice Choice of Milk
9/16/13 DAY 2	9/17/13 DAY 3	9/18/13 DAY 4	9/19/13 DAY 5	9/20/13 DAY 6
Tangerine Chicken w / Fried Rice Baby Carrots w / Dip Steamed Corn Assorted Fruit Fruit Juice Choice of Milk	Cheese Lasagna Rollups Tossed Salad Dinner Roll Broccoli Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk	Hamburger / Roll Golden Potato Rounds Black Bean Salad w / Doritos Scoops Assorted Fruit Fruit Juice Choice of Milk	Popcorn Chicken Fluffy Whipped Potatoes Celery Sticks w / Dip Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	Personal Pan Pizza Spinach Salad Red Pepper Strips w / Dip ** Nutty Buddy Cone ** Assorted Fruit Fruit Juice Choice of Milk
9/23/13 DAY 1	9/24/13 DAY 2	9/25/13 DAY 3	9/26/13 DAY 4	9/27/13 DAY 5
Chicken Tenders Sweet Potato Fries Steamed Green Beans Assorted Fruit Fruit Juice Choice of Milk	Spaghetti w / Meat Sauce Tossed Salad Cauliflower Florets w / Dip Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	Tangy Tacos w / Lettuce & Tomato Baked Potato Refried Beans Assorted Fruit Fruit Juice Choice of Milk	Roast Turkey Fluffy Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Tossed Salad Candied Carrots 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 - \$3.75

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.