

Penn Manor School District
October 2013
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"

High School Menu		Elem. Lunch - \$2.25 Sec. Lunch: \$2.40/\$3.25/\$3.50/\$3.75	PRE-PAID TICKET INFORMATION:	
MENUS SUBJECT TO CHANGE School Board Meeting: October 7 and 21. 2013 Manor Middle Board Room 7:00 p.m.		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
9/30/2013 DAY 6	10/1/2013 DAY 1	10/2/13 DAY 2	10/3/13 DAY 3	10/4/13 DAY 4
Baked Calzone Baked Beans Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Nuggets Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Sticks w / Marinara Sauce Tossed Salad California Blend Vegetables Assorted Fruit Chilled Fruit Juice Choice of Milk	BBQ Chicken Filet / Roll Sweet Potato Crisscuts Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Romaine Lettuce Salad Ice Cream Sandwich Assorted Fruit Chilled Fruit Juice Choice of Milk
10/7/13 DAY 5	10/8/13 DAY 6	10/9/13 DAY 1	10/10/13 DAY 2	10/11/13 DAY 3
Mandarin Orange Chicken w / Vegetable Fried Rice Plump Peas Assorted Fruit Chilled Fruit Juice Choice of Milk	Grilled Cheese Sandwich Tasty Tomato Soup Baked Doritos Assorted Fruit Chilled Fruit Juice Choice of Milk	Tangy Tacos w / Lettuce & Tomato Baked Potato Refried Beans Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Popcorn Chicken Fluffy Whipped Potatoes Steamed Green Beans Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	French Bread Pizza Fresh Vegetable Tray w / Dip Tossed Salad Assorted Fruit Chilled Fruit Juice Choice of Milk
October 14, 2013	10/15/13 DAY 4	10/16/13 DAY 5	10/17/13 DAY 6	10/18/13 DAY 1
NO SCHOOL HOLIDAY	Chicken Tenders Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Cheeseburger / Roll French Fries Black Bean Salad w / Dorito Scoops Assorted Fruit Chilled Fruit Juice Choice of Milk	Sloppy Joes / Roll Baked Macaroni & Cheese Steamy Peas Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Spinach Salad ** Nutty Buddy Cone ** Assorted Fruit Chilled Fruit Juice Choice of Milk
10/21/13 DAY 2	10/22/13 DAY 3	10/23/13 DAY 4	10/24/13 DAY 5	10/25/13 DAY 6
Popcorn Chicken Whipped Potatoes Steamed Broccoli Cuts Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Hot Ham & Cheese / Pretzel Roll Hash Brown Potato Yellow Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Sticks w / Marinara Sauce Tossed Salad Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Tempura Chicken Nuggets Candied Sweet Potatoes Cut Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Personal Pan Pizza Romaine Lettuce Salad Chilled Fruit Juice ** Assorted Ice Cream ** Assorted Fruit Chilled Fruit Juice Choice of Milk
10/28/13 DAY 1	10/29/13 DAY 2	10/30/13 DAY 3	10/31/13 DAY 4	11/1/13 DAY 5
Chicken Patty / Roll Sweet Potato Crisscuts Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Steak Hoagie French Fries Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Tenders Seasoned Pasta Tossed Salad Assorted Fruit Chilled Fruit Juice Choice of Milk	Roast Turkey w / Gravy Fluffy Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Chicken Noodle Soup Red Pepper Strips w / Dip Assorted Fruit Chilled 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
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.