

Penn Manor School District
November 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"

<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 style="width: 20%;">High School Menu</td><td style="width: 20%; text-align: center;">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</td><td style="width: 20%; text-align: center;">PRE-PAID TICKET INFORMATION: Elementary - \$50.00 Secondary - \$50.00 Reduced - \$10.00</td><td colspan="3" style="width: 40%; padding-top: 10px;">We welcome your comments, questions and suggestions. Contact the Food Services Department: Randy Wolfgang - 872-9500 ext. 2228</td></tr> <tr> <th style="text-align: center;">MONDAY</th><th style="text-align: center;">TUESDAY</th><th style="text-align: center;">WEDNESDAY</th><th style="text-align: center;">THURSDAY</th><th style="text-align: center;">FRIDAY</th></tr> <tr> <td style="text-align: center;">11/4/13 DAY 6</td><td style="text-align: center;">11/5/13 DAY 1</td><td style="text-align: center;">11/6/13 DAY 2</td><td style="text-align: center;">11/7/13 DAY 3</td><td style="text-align: center;">11/8/13 DAY 4</td></tr> <tr> <td></td><td></td><td></td><td></td><td></td></tr> </table>	High School Menu	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	PRE-PAID TICKET INFORMATION: 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	11/4/13 DAY 6	11/5/13 DAY 1	11/6/13 DAY 2	11/7/13 DAY 3	11/8/13 DAY 4																																								
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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 - \$3.75
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.