

**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"

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 Meeting: Nov. 4 and 18, 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		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
BBQ Chicken Filet / Roll Oven Brown Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk		Rotini w / Meat Sauce Tossed Salad Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Grilled Cheese Tangy Tomato Soup Sweet Potato Puffs Assorted Fruit Chilled Fruit Juice Choice of Milk	Popcorn Chicken Fluffy Whipped Potatoes Dinner Roll Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	French Bread Pizza Romaine Lettuce Salad Seasoned Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk
11/11/13 DAY 5		11/12/13 DAY 6	11/13/13 DAY 1	11/14/13 DAY 2	11/15/13 DAY 3
Steak Hoagie French Fries Steamed Broccoli Cuts Assorted Fruit Chilled Fruit Juice Choice of Milk		Lasagna Roll-Ups California Blend Vegetables Tossed Salad Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Nuggets Golden Potato Rounds Glazed Carrots Assorted Fruit Chilled Fruit Juice Choice of Milk	Mexican Tacos Baked Potato Yellow Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Fresh Vegetable Tray w / Dip Chicken Noodle Soup Assorted Fruit Chilled Fruit Juice Choice of Milk
11/18/13 DAY 4		11/19/13 DAY 5	11/20/13 DAY 6	11/21/13 DAY 1	11/22/13 DAY 2
Hot Diggitty Dog w / Roll Baked Macaroni & Cheese Baked Beans Chilled Fruit Juice Assorted Fruit Choice of Milk		Chicken Tenders Sweet Potato Crisps Romaine Lettuce Salad Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Sticks w / Sauce Tossed Salad Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Roast Turkey Whipped Potatoes Bread Stuffing Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Personal Pan Pizza Black Bean Salad w / Doritos Scoops Steamed Corn Ice Cream Sandwich Assorted Fruit Chilled Fruit Juice Choice of Milk
11/25/13 DAY 3		11/26/13 DAY 4	11/27/13 DAY 5	November 28, 2013	November 29, 2013
Popcorn Chicken Fluffy Whipped Potatoes Red Pepper Strips w / Dip Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk		Hamburger / Roll Hash Brown Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Tossed Salad ** Nutty Buddy Cone ** Assorted Fruit Chilled Fruit Juice Choice of Milk	NO SCHOOL HOLIDAY	NO SCHOOL HOLIDAY
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.