

**Penn Manor School District
December 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: Dec. 2, 2013 Manor Middle Board Room 4:00 p.m.		We welcome your comments, questions and suggestions. Contact the Food Services Department: Randy Wolfgang - 872-9500 ext. 2228		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 2, 2013	12/3/13 DAY 6	12/4/13 DAY 1	12/5/13 DAY 2	12/6/13 DAY 3
NO SCHOOL HOLIDAY	Chicken Nuggets Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Grilled Cheese Creamy Tomato Soup Sweet Potato Puffs Assorted Fruit Chilled Fruit Juice Choice of Milk	Popcorn Chicken Fluffy Whipped Potatoes California Blend Vegetables Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Black Bean Salad w / Doritos Scoops Steamed Green Beans Ice Cream Sandwich Assorted Fruit Chilled Fruit Juice Choice of Milk
12/9/13 DAY 4	12/10/13 DAY 5	12/11/13 DAY 6	12/12/13 DAY 1	12/13/13 DAY 2
Chicken Tenders Au Gratin Potatoes Steamed Broccoli Assorted Fruit Chilled Fruit Juice Choice of Milk	Tangy Tacos Red Beans & Rice Steamed Corn Assorted Fruit 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 Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	French Bread Pizza Romaine Lettuce Salad Chicken Rice Soup Assorted Fruit Chilled Fruit Juice Choice of Milk
12/16/13 DAY 3	12/17/13 DAY 4	12/18/13 DAY 5	12/19/13 DAY 6	12/20/13 DAY 1
Chicken Nuggets Baked Macaroni & Cheese Fresh Vegetable Tray Chilled Fruit Juice Assorted Fruit Choice of Milk	Hot Ham & Cheese / Pretzel Roll Sweet Potato Puffs Spinach Salad Assorted Fruit Chilled Fruit Juice Choice of Milk	Popcorn Chicken Fluffy Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Steak Hoagie French Fries Baked Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Tossed Salad Glazed Carrots ** Nutty Buddy Cone ** Assorted Fruit Chilled Fruit Juice Choice of Milk
December 23, 2013	December 24, 2013	December 25, 2013	December 26, 2013	December 27, 2013
NO SCHOOL HOLIDAY	NO SCHOOL HOLIDAY	NO SCHOOL HOLIDAY	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.