

**Penn Manor School District
January 2014
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		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			
MENUS SUBJECT TO CHANGE School Board Meeting: Jan. 6 and 21 (Tues.), 2014 Manor Middle Board Room 7:00 p.m.									
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
December 30, 2013		December 31, 2013		January 1, 2014		1/2/14 DAY 1		1/2/14 DAY 2	
NO SCHOOL HOLIDAY		NO SCHOOL HOLIDAY		NO SCHOOL HOLIDAY		Chicken Tenders Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk		Personal Pan Pizza Vegetable Soup Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	
1/6/14 DAY 3		1/7/14 DAY 4		1/8/14 DAY 5		1/9/14 DAY 6		1/10/14 DAY 1	
Hot Diggity Dog / Roll Golden Potato Rounds Glazed Carrots Assorted Fruit Chilled Fruit Juice Choice of Milk		Cold Cut Hoagie Crisp Potato Chips Yellow Corn Assorted Fruit Chilled Fruit Juice Choice of Milk		Pizza Sticks w / Dipping Sauce Tossed Salad California Blend Vegetables Assorted Fruit Chilled Fruit Juice Choice of Milk		Popcorn Chicken Fluffy Whipped Potatoes Cut Green Beans Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk		Italian Cheese Pizza Romaine Lettuce Salad Cucumber Slices w / Dip Ice Cream Sandwich Assorted Fruit Chilled Fruit Juice Choice of Milk	
1/13/14 DAY 2		1/14/14 DAY 3		1/15/14 DAY 4		1/16/14 DAY 5		1/17/14 DAY 6	
Chicken Nuggets Potato Wedges Baby Carrots w / Dip Chilled Fruit Juice Assorted Fruit Choice of Milk		Grilled Cheese Sandwich Steamy Tomato Soup Tossed Salad Assorted Fruit Chilled Fruit Juice Choice of Milk		Teriyaki Chicken w / Rice Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk		Popcorn Chicken Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk		Italian Cheese Pizza Tossed Salad Sweet Potato Rounds Assorted Fruit Chilled Fruit Juice Choice of Milk	
January 20, 2014		January 21, 2014		1/22/14 DAY 1		1/23/14 DAY 2		1/24/14 DAY 3	
NO SCHOOL HOLIDAY		NO SCHOOL SECONDARY ONLY		Meat Lovers Stromboli French Fries 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		Stuffed Crust Pizza Romaine Lettuce Salad Glazed Carrots ** Nutty Buddy Cone ** Assorted Fruit Chilled Fruit Juice Choice of Milk	
1/27/14 DAY 4		1/28/14 DAY 5		1/29/14 DAY 6		1/30/14 DAY 1		1/31/14 DAY 2	
Chicken Tenders Scalloped Potatoes Red Pepper Strips w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk		Mexican Tacos Black Beans & Rice Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk		Pizza Sticks w / Dipping Sauce Spinach Salad Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk		Chicken Nuggets Fluffy Whipped Potatoes Plump Peas Assorted Fruit Chilled Fruit Juice Choice of Milk		Italian Cheese Pizza Fresh Vegetable Tray Steamed Green Beans 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.