

**Penn Manor School District  
February 2014  
High School Menu**

To Make Credit Card Payments visit [www.myschoolbucks.com](http://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.

<b>High School Menu</b> MENUS SUBJECT TO CHANGE <b>School Board Meeting:</b> Feb. 3 and Feb. 18 (Tues.), 2014 <b>Manor Middle Board Room</b> 7:00 p.m.		<b>Elem. Lunch - \$2.25</b> Sec. Lunch: <b>\$2.40/\$3.25/\$3.50/\$3.75</b> <b>Reduced Lunch - \$.40</b> <b>Student Milk - \$.60</b> <b>Adult Lunch- \$3.50/\$4.50</b>	<b>PRE-PAID TICKET INFORMATION:</b>  <b>Elementary - \$50.00</b> <b>Secondary - \$50.00</b> <b>Reduced - \$10.00</b>	We welcome your comments, questions and suggestions. Contact the Food Services Department: Randy Wolfgang - 872-9500 ext. 2228	
<b>MONDAY</b>		<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2/3/14 DAY 5</b>		<b>2/4/14 DAY 6</b>	<b>2/5/14 DAY 1</b>	<b>2/6/14 DAY 2</b>	<b>2/7/14 DAY 3</b>
Popcorn Chicken Fluffy Whipped Potatoes Steamed Green Beans Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk		Hot Ham & Cheese / Pretzel Roll Sweet Potato Crisscuts Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Stuffed Shells Tossed Salad Steamed Broccoli Cuts Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Fajitas Black Beans w / Rice Assorted Fruit Chilled Fruit Juice Choice of Milk	French Bread Pizza Garden Salad Sweet Potato Fries Ice Cream Sandwich Assorted Fruit Chilled Fruit Juice Choice of Milk
<b>2/10/14 DAY 4</b>		<b>2/11/14 DAY 5</b>	<b>2/12/14 DAY 6</b>	<b>2/13/14 DAY 1</b>	<b>2/14/14 DAY 2</b>
Chicken Tenders Steamed Pasta Yellow Corn Assorted Fruit Chilled Fruit Juice Choice of Milk		Grilled Cheese Sandwich Steamy Tomato Soup Romaine Lettuce Salad Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Nuggets Fluffy Whipped Potatoes Baby Carrots w / Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Roast Turkey w / Waffles Fluffy Whipped Potatoes Broccoli Cuts w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Fresh Vegetable Tray w / Dip Black Bean Salad w / Doritos Scoops Assorted Fruit Chilled Fruit Juice Choice of Milk
<b>February 17, 2014</b>		<b>2/18/14 DAY 3</b>	<b>2/19/14 DAY 4</b>	<b>2/20/14 DAY 5</b>	<b>2/21/14 DAY 6</b>
<b>NO SCHOOL HOLIDAY</b>		Popcorn Chicken Whipped Potatoes California Blend Vegetables Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Sticks w / Dipping Sauce Spinach Salad Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Steak Hoagie French Fries Red Pepper Strips w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Stuffed Crust Pizza Tossed Salad Glazed Carrots ** Nutty Buddy Cone ** Assorted Fruit Chilled Fruit Juice Choice of Milk
<b>2/24/14 DAY 1</b>		<b>2/25/14 DAY 2</b>	<b>2/26/14 DAY 3</b>	<b>2/27/14 DAY 4</b>	<b>2/28/14 DAY 5</b>
Chicken Nuggets Fluffy Whipped Potatoes Plump Peas Assorted Fruit Chilled Fruit Juice Choice of Milk		Tangy Tacos Steamed Corn Refried Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Tenders Baked Macaroni & Cheese Steamed Green Beans 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 Tossed Salad Mega Noodle Soup Assorted Fruit Chilled Fruit Juice Choice of Milk
<b>MENUS ARE NOW ON THE INTERNET - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b>					
Parents are encouraged to purchase for their child pre-paid meals!				<b>** Contains Peanuts And / Or Nuts **</b>	

(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.