

**Penn Manor School District  
March 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>   |  | <b>PRE-PAID TICKET INFORMATION:</b>   |   |  |
|---|--|---|---|--|
| <b>MENUS SUBJECT TO CHANGE</b><br><b>School Board Meeting:</b><br><b>March 3 and 17, 2014</b><br><b>Manor Middle Board Room</b><br><b>7:00 p.m.</b> |  | <b>Elem. Lunch - \$2.25</b><br><b>Sec. Lunch:</b><br><b>\$2.40/\$3.25/\$3.50/\$3.75</b><br><b>Reduced Lunch - \$.40</b><br><b>Student Milk - \$.60</b><br><b>Adult Lunch- \$3.50/\$4.50</b> | <b>Elementary - \$50.00</b><br><b>Secondary - \$50.00</b><br><b>Reduced - \$10.00</b>   | We welcome your comments, questions and suggestions.<br>Contact the Food Services Department:<br>Randy Wolfgang - 872-9500 ext. 2228                     |
| <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>  |
| <b>3/3/14 DAY 1</b>   | <b>3/4/14 DAY 2</b>  | <b>3/5/14 DAY 3</b>   | <b>3/6/14 DAY 4</b>   | <b>3/7/14 DAY 5</b>  |
| Popcorn Chicken<br>Fluffy Whipped Potatoes<br>Steamed Green Beans<br>Dinner Roll<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk         | Grilled Cheese Sandwich<br>Tangy Tomato Soup<br>Romaine Lettuce Salad<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk | Steak Hoagie<br>French Fries<br>Baby Carrots w / Dip<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk   | Chicken Patty / Roll<br>Sweet Potato Crisps<br>Steamed Corn<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk            | Italian Cheese Pizza<br>Black Bean Salad w /<br>Doritos Scoops<br>California Blend Vegetables<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk |
| <b>3/10/14 DAY 6</b>  | <b>3/11/14 DAY 1</b>   | <b>3/12/14 DAY 2</b>  | <b>3/13/14 DAY 3</b>  | <b>3/14/14 DAY 4</b>   |
| Chicken Nuggets<br>Fluffy Whipped Potatoes<br>Steamed Corn<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk                               | Mexican Tacos<br>Steamed Corn<br>Refried Beans<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk                        | Pizza Sticks w / Sauce<br>Tossed Salad<br>Steamed Broccoli Cuts<br>Chilled Fruit Juice<br>Assorted Fruit<br>Choice of Milk  | Chicken Tenders<br>Sweet Potato Fries<br>Celery Sticks w / Dip<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk         | Stuffed Crust Pizza<br>Spinach Salad<br>Ice Cream Sandwich<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk                                    |
| <b>3/17/14 DAY 5</b>  | <b>3/18/14 DAY 6</b>   | <b>3/19/14 DAY 1</b>  | <b>3/20/14 DAY 2</b>  | <b>3/21/14 DAY 3</b>   |
| Chicken Fries<br>Hash Brown Potatoes<br>Baby Carrots w / Dip<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk                             | Stuffed Shells<br>Garden Salad<br>Cut Green Beans<br>Dinner Roll<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk      | Popcorn Chicken<br>Steamed Pasta<br>Baked Beans<br>Dinner Roll<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk   | Roast Turkey<br>Fluffy Whipped Potatoes<br>Steamed Corn<br>Dinner Roll<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk | Italian Cheese Pizza<br>Mega Noodle Soup<br>Celery Sticks w / Dip<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk                             |
| <b>3/24/14 DAY 4</b>  | <b>3/25/14 DAY 5</b>   | <b>3/26/14 DAY 6</b>  | <b>3/27/14 DAY 1</b>  | <b>3/28/14 DAY 2</b>   |
| Steak Hoagie<br>Baked macaroni & Cheese<br>Glazed Carrots<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk                                | Chicken Tenders<br>Whipped Potatoes<br>Steamed Green Beans<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk            | Grilled Cheese<br>Tomato Soup<br>Baked Potato Chips<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk  | Chicken Nuggets<br>Whipped Potatoes<br>Red Pepper Strips w / Dip<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk       | Personal Pan Pizza<br>Fresh Vegetable Tray w / Dip<br>** Nutty Buddy Cone **<br>Assorted Fruit<br>Chilled Fruit Juice<br>Choice of Milk                  |
| <b>MENUS ARE NOW ON THE INTERNET - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b>   |  |   |   |  |
| <b>Parents are encouraged to purchase for their child pre-paid meals!</b>   |  |   | <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.**