

**Penn Manor School District**  
**April 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"

<b>High School Menu</b> <small>MENUS SUBJECT TO CHANGE</small>		<b>Elem. Lunch - \$2.25</b> <small>Sec. Lunch: \$2.40/\$3.25/\$3.50/\$3.75</small>			<b>PRE-PAID TICKET INFORMATION:</b> <b>Elementary - \$50.00</b> <b>Secondary - \$50.00</b> <b>Reduced - \$10.00</b>
<b>School Board Meeting:</b> <b>April 14, 2014 (note different time)</b> <b>Manor Middle Board Room</b> <b>4:00 p.m.</b>		<b>Reduced Lunch - \$4.40</b> <b>Student Milk - \$.60</b> <b>Adult Lunch- \$3.50/\$4.50</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>3/31/14 DAY 3</b>	<b>4/1/14 DAY 4</b>	<b>4/2/14 DAY 5</b>	<b>4/3/14 DAY 6</b>	<b>4/4/14 DAY 1</b>	
Popcorn Chicken Whipped Potatoes Kernel Corn Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Hot Ham & Cheese / Pretzel Roll French Fries Baked Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Steak Hoagie French Fries Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Patty / Roll Baked Macaroni & Cheese Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Tossed Salad Sweet Potato Crisps Ice Cream Sandwich Assorted Fruit Chilled Fruit Juice Choice of Milk	
<b>4/7/14 DAY 2</b>	<b>4/8/14 DAY 3</b>	<b>4/9/14 DAY 4</b>	<b>4/10/14 DAY 5</b>	<b>4/11/14 DAY 6</b>	
Chicken Tenders Fluffy Whipped Potatoes Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Tangy Tacos Steamed Corn Refried Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Sticks w / Sauce Romaine Lettuce Salad California Blend Vegetables Chilled Fruit Juice Assorted Fruit Choice of Milk	Chicken Nuggets Whipped Potatoes Steamed Broccoli Florets Assorted Fruit Chilled Fruit Juice Choice of Milk	French Bread Pizza Spinach Salad Glazed Carrots Assorted Fruit Chilled Fruit Juice Choice of Milk	
<b>4/14/14 DAY 1</b>	<b>4/15/14 DAY 2</b>	<b>4/16/14 DAY 3</b>	<b>4/17/14 DAY 4</b>	<b>April 18, 2014</b>	
Chicken Teriyaki Over Rice Steamed Corn Red Pepper Strips w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Hot Pocket Steamed Corn Black Beans & Rice Assorted Fruit Chilled Fruit Juice Choice of Milk	Popcorn Chicken Fluffy Whipped Potatoes Baby Carrots w / Dip Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Stuffed Crust Pizza Garden Vegetable Relish Tray Steamed Green Beans ** Nutty Buddy Cone ** Assorted Fruit Chilled Fruit Juice Choice of Milk	<b>HOLIDAY NO SCHOOL</b>	
<b>4/21/14 DAY 5</b>	<b>4/22/14 DAY 6</b>	<b>4/23/14 DAY 1</b>	<b>4/24/14 DAY 2</b>	<b>4/25/14 DAY 3</b>	
Chicken Fries Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Grilled Cheese Steaming Tomato Soup Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Stuffed Shells Tossed Salad Steamed Green Beans Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Roast Turkey Glazed Sweet Potatoes Steamed Corn Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Sweet Potato Fries Garden Salad Assorted Fruit Chilled Fruit Juice Choice of Milk	
<b>4/28/14 DAY 4</b>	<b>4/29/14 DAY 5</b>	<b>4/30/14 DAY 6</b>	<b>5/1/14 DAY 1</b>	<b>5/2/14 DAY 2</b>	
Chicken Nuggets Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Tangy Tacos Baked Potato Refried Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Sticks w / Dipping Sauce Tossed Salad Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Tenders Sweet Potato Rounds Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Stuffed Crust Pizza Fresh Vegetable Relish Tray Black Bean Salad w / Tortilla Scoops Ice Cream Sandwich Assorted Fruit Chilled Fruit Juice Choice of Milk	

**MENUS ARE NOW ON THE INTERNET - [www.pennmanor.net](http://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.