

**Penn Manor School District**  
**May 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 a la 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> May 5 and 19, 2014 Manor Middle Board Room 7:00 p.m.		<b>Elem. Lunch - \$2.25</b> <b>Sec. Lunch:</b> <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>
5/5/14 DAY 3	5/6/14 DAY 4	5/7/14 DAY 5	5/8/14 DAY 6	5/9/14 DAY 1
Chicken Patty / Roll Golden Potato Rounds Assorted Fruit Chilled Fruit Juice Choice of Milk	BBQ Pork Rib / Roll French Fries Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Steak Hoagie French Fries Steamed Green Beans 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	Italian Cheese Pizza Tossed Salad Ice Cream Sandwich Assorted Fruit Chilled Fruit Juice Choice of Milk
5/12/14 DAY 2	5/13/14 DAY 3	5/14/14 DAY 4	5/15/14 DAY 5	5/16/14 DAY 6
Chicken Tenders Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Grilled Cheese Tomato Soup California Blend Vegetables Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Nuggets Baked Macaroni & Cheese Celery Sticks w / Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Tangy Tacos Steamed Corn Seasoned Rice Refried Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Personal Pan Pizza Tossed Salad Sweet Potato Fries Assorted Fruit Chilled Fruit Juice Choice of Milk
5/19/14 DAY 1	5/20/14 DAY 2	5/21/14 DAY 3	5/22/14 DAY 4	5/23/14 DAY 5
Hot Ham & Cheese / Pretzel Roll Sweet Potato Crisccuts Black Bean Salad & Doritos Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Tenders Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Sticks w / Dipping Sauce Spinach Salad Assorted Fruit Chilled Fruit Juice Choice of Milk	Popcorn Chicken Steamed Broccoli Buttered Pasta Assorted Fruit Chilled Fruit Juice Choice of Milk	Stuffed Crust Pizza Tossed Salad ** Peanut Butter Crackers ** ** Nutty Buddy Cone ** Assorted Fruit Chilled Fruit Juice Choice of Milk
May 26, 2014	5/27/14 DAY 6	5/28/14 DAY 1	5/29/14 DAY 2	5/30/14 DAY 3
<b>HOLIDAY NO SCHOOL</b>	Chicken Nuggets Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Ham or Turkey Hoagie French Fries Baked Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Sliders Potato Wedges Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Fresh Vegetable Tray Ice Cream Sandwich 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.**