

**Penn Manor School District
August-September 2014
High School Menu**

Dear Parents: Penn Manor School District offers mySchoolBucks, a convenient online service that allows you to securely pay for your student(s) meals online using your credit/debit card or electronic check. You can: (1) set up recurring payments, (2) track and review meal purchase history, (3) create low balance alerts, (4) and more! Sign up now! Registering for your FREE account is easy, go to www.mySchoolBucks.com. Create a secure account and never worry again about sending cash or checks with your student(s) to school again.

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	PRE-PAID TICKET INFORMATION:	
MENSUS SUBJECT TO CHANGE		Sec. Lunch:	Elementary - \$50.00 Secondary - \$50.00 Reduced - \$10.00	
School Board Meetings:		\$2.40/\$3.25/\$3.50/\$3.75		
Aug. 4 (Estleman Elem) Aug. 18, Sept. 2 (Tues), Sept. 15 Manor Middle at 7:00 p.m.		Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.50/\$4.50		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/25/14 DAY 1	8/26/14 DAY 2	8/27/14 DAY 3	8/28/14 DAY 4	August 29, 2014
Chicken Tenders Fluffy Whipped Potatoes California Blend Vegetables Assorted Fruit Fruit Juice Choice of Milk	Stuffed Shells Tossed Garden Salad Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	Popcorn Chicken Steamed Pasta Yellow Kernel Corn Baby Carrots w / Dip Assorted Fruit Fruit Juice Choice of Milk	Stuffed Crust Pizza Black Bean Salad w / Doritos Scoops Celery Sticks w / Dip Assorted Fruit Fruit Juice Choice of Milk	HOLIDAY NO SCHOOL
September 1, 2014	9/2/14 DAY 5	9/3/14 DAY 6	9/4/14 DAY 1	9/5/14 DAY 2
HOLIDAY NO SCHOOL	Chicken Nuggets Fluffy Whipped Potatoes Steamed Green Beans Assorted Fruit Fruit Juice Choice of Milk	Pizza Sticks w / Dipping Sauce Spinach Salad Fresh Vegetable Tray w / Dip Assorted Fruit Fruit Juice Choice of Milk	Tangy Tacos Baked Potato Steamed Corn Refried Beans Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Sweet Potato Crisccuts Tossed Salad Ice Cream Sandwich Assorted Fruit Fruit Juice Choice of Milk
9/8/14 DAY 3	9/9/14 DAY 4	9/10/14 DAY 5	9/11/14 DAY 6	9/12/14 DAY 1
Deluxe Chicken Patty / Roll Golden Potato Rounds Plump Peas Assorted Fruit Fruit Juice Choice of Milk	Grilled Cheese Sandwich Tomato Soup Tossed Salad Assorted Fruit Fruit Juice Choice of Milk	Steak Sandwich Baked French Fries Tasty Baked Beans Assorted Fruit Fruit Juice Choice of Milk	Popcorn Chicken Fluffy Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Tossed Salad Steamed Corn Baby Carrots w / Dip Assorted Fruit Fruit Juice Choice of Milk
9/15/14 DAY 2	9/16/14 DAY 3	9/17/14 DAY 4	9/18/14 DAY 5	9/19/14 DAY 6
Chicken Tenders Fluffy Whipped Potatoes Steamed Green Beans Assorted Fruit Fruit Juice Choice of Milk	Cold Cut Hoagie Baked Potato Chips Red Pepper Strips w / Dip Assorted Fruit Fruit Juice Choice of Milk	Pizza Sticks w / Dipping Sauce Romaine Lettuce Salad Steamed Broccoli Cuts Assorted Fruit Fruit Juice Choice of Milk	Mandarin Orange Chicken w / Vegetable Fried Brown Rice Glazed Carrots Assorted Fruit Fruit Juice Choice of Milk	French Bread Pizza Tossed Salad Celery Sticks w / Dip Assorted Fruit Fruit Juice Choice of Milk
9/22/14 DAY 1	9/23/14 DAY 2	9/24/14 DAY 3	9/25/14 DAY 4	9/26/14 DAY 5
Hot Ham & Cheese / Pretzel Roll Tri-Wedge Potatoes Steamed Corn Assorted Fruit Fruit Juice Choice of Milk	Lasagna Roll-Ups Tossed Salad Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	BBQ Chicken Filet / Roll French Fries Baby Carrots w / Dip Assorted Fruit Fruit Juice Choice of Milk	Roast Turkey Glazed Sweet Potatoes Steamed Corn Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	Stuffed Crust Pizza Steamed Green Beans Fresh Vegetable Tray w / Dip Fudgesicle Assorted Fruit Fruit Juice Choice of Milk
MENSUS 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

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 major comprehensive 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 since of meat and protein.

THERE IS A \$35.00 BANK CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS, CLOSED ACCOUNTS, ETC.