

Penn Manor School District
October 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.

High School Menu		Elem. Lunch - \$2.25 Sec. Lunch: \$2.40/\$3.25/\$3.50/\$3.75	PRE-PAID TICKET INFORMATION: Elementary - \$50.00 Secondary - \$50.00 Reduced - \$10.00	We welcome your comments, questions and suggestions. Contact the Food Services Department: Randy Wolfgang - 872-9500 ext. 2228
MENUS SUBJECT TO CHANGE				
School Board Meetings: October 6 and 20, 2014				
Manor Middle at 7:00 p.m.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/29/14 DAY 6	9/30/14 DAY 1	10/1/14 DAY 2	10/2/14 DAY 3	10/3/14 DAY 4
Spaghetti w / Meat Sauce Tossed Salad Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Nuggets Sweet Potato Criscuts Tasty Baked Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Sticks w / Dipping Sauce Garden Tossed Salad 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 Romaine Lettuce Salad California Blend Vegetables Assorted Fruit Chilled Fruit Juice Choice of Milk
10/6/14 DAY 5	10/7/14 DAY 6	10/8/14 DAY 1	10/9/14 DAY 2	10/10/14 DAY 3
Chicken Patty / Roll Golden Potato Rounds Black Bean Salad w / Doritos Scoops Assorted Fruit Chilled Fruit Juice Choice of Milk	Grilled Cheese Sandwich Tomato Soup Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Tangy Tacos w / Lettuce & Tomato Fiesta Rice Refried Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Tenders Fluffy Whipped Potatoes Steamed Broccoli Cuts Assorted Fruit Chilled Fruit Juice Choice of Milk	Personal Pan Pizza Sweet Potato Fries Tossed Salad ** Nutty Buddy Cone ** Assorted Fruit Chilled Fruit Juice Choice of Milk
October 13, 2014	10/14/14 DAY 4	10/15/14 DAY 5	10/16/14 DAY 6	10/17/14 DAY 1
HOLIDAY NO SCHOOL	Popcorn Chicken Fluffy Whipped Potatoes Steamy Peas Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Steak Sandwich French Fries Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Roast Turkey Fluffy Whipped Potatoes Steamed Green Beans Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Fresh Vegetable Tray w / Dip Steam Corn Assorted Fruit Chilled Fruit Juice Choice of Milk
10/20/14 DAY 2	10/21/14 DAY 3	10/22/14 DAY 4	10/23/14 DAY 5	October 24, 2014
Chicken Nuggets Fluffy Whipped Potatoes Glazed Carrots Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Sticks w / Dipping Sauce Tossed Salad Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Asian Chicken Chucks Oven Brown Potatoes Yellow Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Pepperoni Stuffed Crust Pizza Spinach Salad Celery Sticks w / Dip Ice Cream Sandwich Assorted Fruit Chilled Fruit Juice Choice of Milk	HOLIDAY NO SCHOOL
10/27/14 DAY 6	10/28/14 DAY 1	10/29/14 DAY 2	10/30/14 DAY 3	10/31/14 DAY 4
Chicken Tenders Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Tangy Tacos w / Lettuce & Tomato Baked Potato Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Grilled Cheese Sandwich Tomato Soup Tossed Salad Assorted Fruit Chilled Fruit Juice Choice of Milk	BBQ Chicken Filet / Roll Hash Brown Potatoes Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Sweet Potato Criscuts Fresh Vegetable Try w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk

(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.