

Penn Manor School District
November 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 MENUS SUBJECT TO CHANGE School Board Meetings: November 3 and 17, 2014 Manor Middle at 7:00 p.m.		Elem. Lunch - \$2.25 Sec. Lunch: \$2.40/\$3.25/\$3.50/\$3.75 Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.50/\$4.50	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
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/3/14 DAY 5	11/4/14 DAY 6	11/5/14 DAY 1	11/6/14 DAY 2	11/7/14 DAY 3
Popcorn Chicken Fluffy Whipped Potatoes Dinner Roll Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Sloppy Joes / Roll French Fries Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Pizza Sticks w / Dipping Sauce Garden Salad Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Patty / Roll Baked Macaroni & Cheese Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Sweet Potato Crisscuts Tossed Salad Ice Cream Sandwich Assorted Fruit Chilled Fruit Juice Choice of Milk
11/10/14 DAY 4	11/11/14 DAY 5	11/12/14 DAY 6	11/13/14 DAY 1	11/14/14 DAY 2
Chicken Nuggets Fluffy Whipped Potatoes California Blend Vegetables 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	Steak Sandwich French Fries Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Chicken Tenders Sweet Potato Crisscuts Fresh Vegetable Tray Assorted Fruit Chilled Fruit Juice Choice of Milk	Cheese Quesadilla Pizza Fresh Garden Salad Steamed Green Beans Assorted Ice Cream Assorted Fruit Chilled Fruit Juice Choice of Milk
11/17/14 DAY 3	11/18/14 DAY 4	11/19/14 DAY 5	11/20/14 DAY 6	11/21/14 DAY 1
Popcorn Chicken Steamed Pasta Yellow Corn Assorted Fruit Chilled Fruit Juice Choice of Milk	Grilled Cheese Tomato Soup Romaine Lettuce Salad Assorted Fruit Chilled Fruit Juice Choice of Milk	Spaghetti w / Meat Sauce Tossed Salad Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Roast Turkey Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk	Italian Cheese Pizza Sweet Potato Fries Celery Sticks w / Dip Assorted Ice Cream Assorted Fruit Chilled Fruit Juice Choice of Milk
11/24/14 DAY 2	11/25/14 DAY 3	11/26/14 DAY 4	November 27, 2014	November 28, 2014
BBQ Chicken Filet / Roll Tri-Wedge Potatoes Baked Beans 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	French Bread Pizza Tossed Salad Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk	HOLIDAY NO SCHOOL	HOLIDAY NO SCHOOL
MENUS 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.