

Penn Manor School District
December 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: | | |
|---|--|---|---|---|--|
| MENUS SUBJECT TO CHANGE School Board Meetings: December 2, 2014 Tuesday Manor Middle Special Time - 4:00 Start | | Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.50/\$4.50 | 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 |
| December 1, 2014 | | 12/2/14 DAY 5 | 12/3/14 DAY 6 | 12/4/14 DAY 1 | 12/5/14 DAY 2 |
| HOLIDAY NO SCHOOL | | Chicken Nuggets Fluffy Whipped Potatoes Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk | Hot Ham & Cheese / Pretzel Roll Golden Potato Rounds Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk | Chicken Tenders California Blend Vegetables Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk | Italian Cheese Pizza Nachos w / Salsa Tossed Salad Assorted Fruit Chilled Fruit Juice Choice of Milk |
| 12/8/14 DAY 3 | | 12/9/14 DAY 4 | 12/10/14 DAY 5 | 12/11/14 DAY 6 | 12/12/14 DAY 1 |
| Popcorn Chicken Fluffy Whipped Potatoes Steamy Peas Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk | | Tangy Tacos w / Lettuce & Tomato Baked Potato Steamed Corn Refried Beans Assorted Fruit Chilled Fruit Juice Choice of Milk | Chicken Patty / Roll Sweet Potato Criscuts Steamed Corn 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 | Stuffed Crust Pizza Tossed Salad Steamed Green Beans Assorted Ice Cream Assorted Fruit Chilled Fruit Juice Choice of Milk |
| 12/15/14 DAY 2 | | 12/16/14 DAY 3 | 12/17/14 DAY 4 | 12/18/14 DAY 5 | 12/19/14 DAY 6 |
| Chicken Nuggets Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk | | Pizza Sticks w / Dipping Sauce Tossed Salad Mixed Vegetables Assorted Fruit Chilled Fruit Juice Choice of Milk | Steak Sandwich French Fries Baby Carrots w / Dip Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk | Roast Turkey Fluffy Whipped Potatoes Steamed Green Beans Dinner Roll Cranberry Sauce Assorted Fruit Chilled Fruit Juice Choice of Milk | Personal Pan Pizza Sweet Potato Fries Celery Sticks w / Dip Assorted Ice Cream Assorted Fruit Chilled Fruit Juice Choice of Milk |
| 12/22/14 DAY 1 | | 12/23/14 DAY 2 | December 24, 2014 | December 25, 2014 | December 26, 2014 |
| Popcorn Chicken Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk | | Breakfast Pizza Chicken Noodle Soup Celery Sticks w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk | HOLIDAY NO SCHOOL | 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.