

**Penn Manor School District
January 2015
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 | | PRE-PAID TICKET INFORMATION: | | |
|--|--|---|---|--|
| MENUS SUBJECT TO CHANGE School Board Meetings: January 5, 2015 and January 20, 2015 (Tuesday) 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 | 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 |
| 1/5/15 DAY 3 | 1/6/15 DAY 4 | 1/7/15 DAY 5 | 1/8/15 DAY 6 | 1/9/15 DAY 1 |
| Chicken Patty / Roll Golden Potato Rounds Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk | BBQ Pork Rib / Roll French Fries Baby Carrots w / Dip Assorted Ice Cream Assorted Fruit Chilled Fruit Juice Choice of Milk | Grilled Cheese Sandwich Tomato Soup Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk | Chicken Tenders Fluffy Whipped Potatoes Steamy Peas Assorted Fruit Chilled Fruit Juice Choice of Milk | Italian Cheese Pizza Vegetable Soup Tossed Salad Assorted Fruit Chilled Fruit Juice Choice of Milk |
| 1/12/15 DAY 2 | 1/13/15 DAY 3 | 1/14/15 DAY 4 | 1/15/15 DAY 5 | January 16, 2015 |
| Steak Sandwich French Fries Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk | Pizza Sticks w / Dipping Sauce Romaine Salad Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk | Popcorn Chicken Fluffy Whipped Potatoes Steamed Green Beans Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk | Cheese Quesadilla Pizza Sweet Potato Rounds Fresh Vegetable Tray Assorted Ice Cream Assorted Fruit Chilled Fruit Juice Choice of Milk | SECONDARY ONLY NO SCHOOL |
| January 19, 2015 | 1/20/15 DAY 6 | 1/21/15 DAY 1 | 1/22/15 DAY 2 | 1/23/15 DAY 3 |
| HOLIDAY NO SCHOOL | Chicken Nuggets Fluffy Whipped Potatoes Yellow Corn Assorted Fruit Chilled Fruit Juice Choice of Milk | Hot Ham & Cheese / Pretzel Roll Hash Brown Potatoes Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk | Tangy Tacos Baked Potato Fiesta Rice Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk | Italian Cheese Pizza California Blend Vegetables Tossed Salad Assorted Fruit Chilled Fruit Juice Choice of Milk |
| 1/26/15 DAY 4 | 1/27/15 DAY 5 | 1/28/15 DAY 6 | 1/29/15 DAY 1 | 1/30/15 DAY 2 |
| Chicken Tenders Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Chilled Fruit Juice Choice of Milk | Spaghetti w / Meat Sauce Tossed Salad Celery Sticks w / Dip Dinner Roll Assorted Fruit Chilled Fruit Juice Choice of Milk | Popcorn Chicken Steamed Pasta Yellow Corn Baby Carrots w / Dip Assorted Fruit Chilled Fruit Juice Choice of Milk | Roast Turkey Whipped Potatoes Bread Stuffing Steamed Green Beans Assorted Fruit Chilled Fruit Juice Choice of Milk | French Bread Pizza Spinach Salad Nachos w / Salsa Assorted Ice Cream Assorted Fruit Chilled Fruit Juice Choice of Milk |
| 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.