

**Penn Manor School District
January 2013
High School Menu**

To Make Credit Card Payments visit www.myschoolbucks.com or click on the link at <http://www.pennmanor.net>

All Cafeteria Managers are proud members of The School Nutrition Association of PA ~ "Making the Right Food Choices , Together"

High School Menu MENUS SUBJECT TO CHANGE School Board Meeting: January 7 & January 22 (Tue.) 2013 Manor Middle Board Room 7:00 p.m.		Elem. Lunch - \$2.15 Sec. Lunch: \$2.30/\$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	
December 31, 2012	January 1, 2013	1/2/13 DAY 6	1/3/13 DAY 1	1/4/13 DAY 2	
NO SCHOOL HOLIDAY	NO SCHOOL HOLIDAY	Popcorn Chicken Candied Sweet Potatoes Steamed Corn Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	Tangy Tacos Baked Potato Broccoli Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk	Personal Pan Pizza Tossed Salad Baby Carrots w / Dip Ice Cream Sandwich Assorted Fruit Fruit Juice Choice of Milk	
1/7/13 DAY 3	1/8/13 DAY 4	1/9/13 DAY 5	1/10/13 DAY 6	1/11/13 DAY 1	
Steak Sandwich French Fries Assorted Fruit Fruit Juice Choice of Milk	Chicken Tenders Sweet Potato Crisps Baked Beans Assorted Fruit Fruit Juice Choice of Milk	Pizza Sticks w / Dipping Sauce Spinach Salad Assorted Fruit Fruit Juice Choice of Milk	Chicken Nuggets Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Red Pepper Strips w / Dip Tasty Juicy Gel Assorted Fruit Fruit Juice Choice of Milk	
1/14/13 DAY 2	1/15/13 DAY 3	1/16/13 DAY 4	1/17/13 DAY 5	1/18/13 DAY 6	
Chicken Tenders Sweet Potato Fries Steamed Corn Assorted Fruit Fruit Juice Choice of Milk	Grilled Cheese Tomato Soup Spinich Salad Assorted Fruit Fruit Juice Choice of Milk	Sloppy Joes / Roll Golden Potato Rounds Baby Carrots w / Dip Assorted Fruit Fruit Juice Choice of Milk	Popcorn Chicken Fluffy Whipped Potatoes Steamed Green Beans Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Tossed Salad Cucumber Slices w / Dip ** Nutty Buddy Cone ** Assorted Fruit Fruit Juice Choice of Milk	
January 21, 2013	1/22/13 DAY 1	1/23/13 DAY 1	1/24/13 DAY 2	1/25/13 DAY 3	
NO SCHOOL HOLIDAY	NO SCHOOL SECONDARY ONLY	Stuffed Shells w / Sauce Tossed Salad Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	Chicken Nuggets Steamed Corn Black Bean Salad Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Steamed Green Beans Baby Carrots w / Dip Creamy Pudding Assorted Fruit Fruit Juice Choice of Milk	
1/28/13 DAY 4	1/29/13 DAY 5	1/30/13 DAY 6	1/31/13 DAY 1	2/1/13 DAY 2	
Hot Ham & Cheese / Pretzel Roll Tomato Soup Cauliflower Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk	Tangy Tacos Baked Potato Steamed Corn Assorted Fruit Fruit Juice Choice of Milk	Pizza Sticks w / Dipping Sauce Tossed Salad Assorted Fruit Fruit Juice Choice of Milk	Roast Turkey Fluffy Whipped Potatoes Glazed Carrots Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	French Bread Pizza Tossed Salad Ice Cream Sandwich Assorted Fruit 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 **		

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.

(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 - \$3.25

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 new lunch meal pattern is effective with this school year, the major 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 size of meat and protein.

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