

**Penn Manor School District
April 2013
Elementary Menu**

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

Elementary Menu MENUS SUBJECT TO CHANGE School Board Meeting: April 1 and 15, 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	
April 1, 2013	4/2/13 DAY 4	4/3/13 DAY 5	4/4/13 DAY 6	4/5/13 DAY 1	
NO SCHOOL HOLIDAY	Chicken Nuggets Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Choice of Milk	Grilled Cheese Tomato Soup Spinach Salad Baked Chips Assorted Fruit Choice of Milk	Chicken Tenders Sweet Potato Crisps Celery Sticks w / Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Italian Cheese Pizza Black Bean Salsa w / Nachos Chocolate or Strawberry Eclair Assorted Fruit Choice of Milk	
B Lunch: Hamburger / Roll 4/8/13 DAY 2	C Lunch: **Peanut Butter & Jelly Sandwich** and String Cheese 4/9/13 DAY 3	D Lunch: 4 oz. Yogurt & String Cheese 4/10/13 DAY 4	D Lunch: 4 oz. Yogurt & String Cheese 4/11/13 DAY 5	D Lunch: 4 oz. Yogurt & String Cheese 4/12/13 DAY 6	
Popcorn Chicken Fluffy Whipped Potatoes Steamed Green Beans Dinner Roll Assorted Fruit Choice of Milk	Tangy Tacos Baked Potato Kernel Corn Refried Beans Assorted Fruit Choice of Milk	Pizza Sticks w / Sauce Tossed Salad Chilled Fruit Juice Assorted Fruit Choice of Milk	French Toast Sticks w / Syrup Tender Sausage Patty Baby Carrots w / Dip Assorted Fruit Choice of Milk	French Bread Pizza Fresh Vegetable Tray w / Dip Mega Noodle Soup Assorted Fruit Choice of Milk	
B Lunch:Dell Turkey & Cheese Sandwich 4/15/13 DAY 1	C Lunch: **Peanut Butter & Jelly Sandwich** and String Cheese 4/16/13 DAY 2	D Lunch: 4 oz. Yogurt & String Cheese 4/17/13 DAY 3	D Lunch: 4 oz. Yogurt & String Cheese 4/18/13 DAY 4	D Lunch: 4 oz. Yogurt & String Cheese 4/19/13 DAY 5	
Chicken Patty w / Roll Oven Brown Potatoes Glazed Carrots Assorted Fruit Choice of Milk	Spaghetti w / Meat Sauce Tossed Salad Dinner Roll Assorted Fruit Choice of Milk	Ham & Cheese Hoagie French Fries Red Pepper Strips w / Dip Assorted Fruit Choice of Milk	Roast Turkey Candied Sweet Potatoes Steamed Corn Dinner Roll Assorted Fruit Choice of Milk	Italian Cheese Pizza Tossed Salad ** Nutty Buddy Cone ** Assorted Fruit Choice of Milk	
B Lunch: Goldfish Bread Grilled Cheese 4/22/13 DAY 6	C Lunch: **Peanut Butter & Jelly Sandwich** and String Cheese 4/23/13 DAY 1	D Lunch: 4 oz. Yogurt & String Cheese 4/24/13 DAY 2	D Lunch: 4 oz. Yogurt & String Cheese 4/25/13 DAY 3	D Lunch: 4 oz. Yogurt & String Cheese 4/26/13 DAY 4	
Chicken Nuggets Fluffy Whipped Potatoes Steamed Corn Assorted Fruit Choice of Milk	Grilled Cheese Tangy Tomato Soup Celery Sticks w / Dip Baked Doritos Assorted Fruit Choice of Milk	Hot Diggity Dog / Roll Sweet Potato Fries Baked Beans Cucumber Slices w / Dip Assorted Fruit Choice of Milk	Chicken Bites Steamed Pasta Steamy Peas Assorted Fruit Choice of Milk	Pepperoni Stuffed Crust Pizza Spinach Salad Brownies Assorted Fruit Choice of Milk	
B Lunch: Egg McComet / Roll 4/29/13 DAY 5	C Lunch: **Peanut Butter & Jelly Sandwich** and String Cheese 4/30/13 DAY 6	D Lunch: 4 oz. Yogurt & String Cheese 5/1/13 DAY 1	D Lunch: 4 oz. Yogurt & String Cheese 5/2/13 DAY 2	D Lunch: 4 oz. Yogurt & String Cheese 5/3/13 DAY 3	
BBQ Chicken Drumsticks Baked Macaroni & Cheese Steamed Green Beans Assorted Fruit Choice of Milk	Pizza Hot Pocket Tossed Salad Black Bean Salad Assorted Fruit Choice of Milk	Chicken Fries Sweet Potato Puffs Celery Sticks w / Dip Assorted Fruit Choice of Milk	Mexican Tacos Fiesta Rice Steamed Corn Chilled Fruit Juice Assorted Fruit Choice of Milk	Italian Cheese Pizza Fresh Vegetable Tray w / Dip Ice Cream Sandwich Assorted Fruit Choice of Milk	
B Lunch: Ham & Cheese Sandwich	C Lunch: **Peanut Butter & Jelly Sandwich** and String Cheese	D Lunch: 4 oz. Yogurt & String Cheese			

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.

Ala Carte - Granola Bars, Capri Sun Fruit Juice, Fruit Roll-ups, Milk, Water, Ice Cream and Popcorn. All items - \$.60

**** S Lunch: Chef Salad Available Every Wednesday Only ****

Parents are encouraged to purchase for their child pre-paid meals!

(Please write your child's first & last name on your check when purchasing a meal ticket!)
Please make checks payable: **Penn Manor School District**

Yogurt & String Cheese - D Lunch Nutritional Information:
Calories - 190, Fat - 7 grams

**** Contains Peanuts And / Or Nuts ****

Soup & Salad Bar available daily - \$3.75
Salad Bar Only \$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.