

**Penn Manor School District  
August-September 2011  
Elementary Menu**

\*\*\*\*\* To Make Credit Card Payments visit: <http://www.mynutrikids.com> or click on the link at <http://www.pennmanor.net>  
mynutrikids.com allows you to use your Visa, Master Card, Discover Card or PayPal.

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

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.

<b>Elementary Menu</b> MENUS SUBJECT TO CHANGE <b>School Board Meeting:</b> Sept. 6 (Tues.) & 19, 2011 <b>Manor Middle Board Room</b> <b>7:00 p.m.</b>	<b>Elem. Lunch - \$2.15</b> <b>Sec. Lunch:</b> <b>\$2.30/\$3.00/\$3.25/\$3.50</b> <b>Reduced Lunch - \$.40</b> <b>Student Milk - \$.60</b> <b>Adult Lunch- \$3.50/\$4.10</b>	<b>PRE-PAID TICKET INFORMATION:</b> <b>Elementary - \$50.00</b> <b>Secondary - \$50.00</b> <b>Reduced - \$10.00</b>	We welcome your comments, questions and suggestions. Contact the Food Services Department: Randy Wolfgang - 872-9500 ext. 2228	
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8/29/11 Day 1</b>	<b>8/30/11 Day 2</b>	<b>8/31/11 Day 3</b>	<b>9/1/11 Day 4</b>	<b>September 2, 2011</b>
BBQ Chicken Filet / Roll California Blend Vegetables Chilled Fruit Juice Assorted Fruit Choice of Milk	Hot Ham & Cheese / Pretzel Roll Golden Potato Rounds Chilled Fruit Juice Assorted Fruit Choice of Milk	Chicken Tenders Fluffy Whipped Potatoes Steamed Green Beans Creamy Pudding Assorted Fruit Choice of Milk	Italian Cheese Pizza Nachos w / Salsa Chilled Fruit Assorted Fruit Choice of Milk	<b>NO SCHOOL HOLIDAY</b>
<b>B Lunch: Turkey &amp; Cheese Sandwich</b> <b>September 5, 2011</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich ** and String Cheese</b> <b>9/6/11 DAY 5</b>	<b>9/7/11 DAY 6</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese</b> <b>9/8/11 DAY 1</b>	<b>9/9/11 DAY 2</b>
<b>NO SCHOOL HOLIDAY</b>	Chicken Nuggets Whipped Potatoes Broccoli Cuts Assorted Fruit Choice of Milk	Grilled Cheese Sandwich Tomato Soup Side Salad Assorted Fruit Choice of Milk	Tangy Tacos Fiesta Rice Yellow Corn Assorted Fruit Choice of Milk	Pepperoni Twisted Edge Pizza Side Salad Ice Cream Sandwich Assorted Fruit Choice of Milk
<b>B Lunch: Beef Ravioli w/Dinner Roll</b> <b>9/12/11 DAY 3</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich ** and String Cheese</b> <b>9/13/11 DAY 4</b>	<b>9/14/11 DAY 5</b>	<b>9/15/11 DAY 6</b>	<b>9/16/11 DAY 1</b>
Blueberry Pancakes Tender Sausage Patty Chilled Fruit Juice Assorted Fruit Choice of Milk	Popcorn Chicken Fluffy Whipped Potatoes Steamed Green Beans Fresh Baked Biscuit Assorted Fruit Choice of Milk	Pizza Sticks w / Sauce Side Salad Angel Food Cake Assorted Fruit Choice of Milk	Chicken Parmesan Sandwich Seasoned Pasta Chilled Fruit Juice Assorted Fruit Choice of Milk	Italian Cheese Pizza Assorted Vegetable Tray ** Peanut Butter Crackers ** Assorted Fruit Choice of Milk
<b>B Lunch: Ham &amp; Cheese Sandwich</b> <b>9/19/11 DAY 2</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich ** and String Cheese</b> <b>9/20/11 DAY 3</b>	<b>9/21/11 DAY 4</b>	<b>9/22/11 DAY 5</b>	<b>9/23/11 DAY 6</b>
Chicken Bites Glazed Sweet Potatoes Creamy Pudding Assorted Fruit Choice of Milk	Hot Diggity Dog / Roll Mini Redskin Potatoes Chilled Fruit Juice Assorted Fruit Choice of Milk	Walking Tacos Baked Doritos Steamed Corn Chilled Fruit Juice Juicy Juicy Gel Assorted Fruit Choice of Milk	Roast Turkey Whipped Potatoes Dinner Roll Assorted Fruit Choice of Milk	Cheese Quesadilla Pizza Side Salad ** Nutty Buddy Cone ** Assorted Fruit Choice of Milk
<b>B Lunch: Steak Sandwich</b> <b>9/26/11 DAY 1</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich ** and String Cheese</b> <b>9/27/11 DAY 2</b>	<b>9/28/11 DAY 3</b>	<b>9/29/11 DAY 4</b>	<b>9/30/11 DAY 5</b>
Chicken Tenders Oven Brown Potatoes Creamy Pudding Assorted Fruit Choice of Milk	Cheesy Max Snax Side Salad Chilled Fruit Juice Assorted Fruit Choice of Milk	Chicken Nuggets Fluffy Whipped Potatoes Chocolate Cake Assorted Fruit Choice of Milk	Hot Ham & Cheese / Pretzel Roll Sweet Potato Puffs Chilled Fruit Juice Assorted Fruit Choice of Milk	French Bread Pizza Nachos w / Salsa Chilled Fruit Juice Assorted Fruit Choice of Milk
<b>B Lunch: Hamburger / Roll</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich ** and String Cheese</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese</b>		
<b>MENUS ARE ON THE INTERNET - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b>				

**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!)

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

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

Please make checks payable: **Penn Manor School District**

**THERE IS A \$35.00 BANK CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS, CLOSED ACCOUNTS, ETC.**  
Meal tickets can now be used to purchase breakfast, lunches, and ala carte items.