

**Penn Manor School District
August-September 2012
Elementary Menu**

****PLEASE NOTE:THE MYNUTRIKIDS WEBSITE HAS CHANGED TO MYSCHOOLBUCK.COM. ALL PARENTS REGISTERED ON MYNUTRIKIDS RECEIVED AN EMAIL NOTIFICATION. ALL INFORMATION ON THE MYNUTRIKIDS SITE HAS TRANSFERRED TO THE NEW WEBSITE. THE WEBSITE ALLOWS PARENTS TO USE YOUR CREDIT CARD OR PAYPAL TO MAKE PAYMENTS TO THE STUDENTS CAFETERIA ACCOUNT. IF YOU PREVIOUSLY SETUP LOW BALANCE EMAIL ALERTS IN MYNUTRIKIDS.COM YOU WILL NEED TO SET THOSE UP ON MYSCHOOLBUCKS.****

Elementary Menu MENUS SUBJECT TO CHANGE School Board Meetings: Sept. 4 and 17, 2012 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
8/27/12 DAY 1	8/28/12 DAY 2	8/29/12 DAY 3	8/30/12 DAY 4	August 31, 2012
Chicken Patty / Roll Sweet Potato Puffs Tossed Salad Assorted Fruit Choice of Milk	Sloppy Joes / Roll Baked Beans Broccoli Florets w / Dip Assorted Fruit Choice of Milk	Chicken Tenders Fluffy Whipped Potatoes Baby Carrot Slims w / Dip Assorted Fruit Choice of Milk	Italian Cheese Pizza Tossed Salad Steamed Corn Ice Cream Sandwich Assorted Fruit Choice of Milk	HOLIDAY NO SCHOOL
B Lunch: Ham & Cheese Sandwich September 3, 2012	C Lunch: **Peanut Butter & Jelly Sandwich** and String Cheese 9/4/12 DAY 5	9/5/12 DAY 6	D Lunch: 4 oz. Yogurt & String Cheese 9/6/12 DAY 1	9/7/12 DAY 2
HOLIDAY NO SCHOOL	Chicken Nuggets Steamed Corn Red Pepper Strips w / Dip Assorted Fruit Choice of Milk	Hot Diggity Dog / Roll Oven Brown Potatoes Baked Beans Assorted Fruit Choice of Milk	BBQ Chicken Filey / Roll Sweet Potato Fries Fresh Relish Tray w / Dip Assorted Fruit Choice of Milk	French Bread Pizza Romaine Lettuce Salad Steamed Green Beans Creamy Pudding Assorted Fruit Choice of Milk
B Lunch: Hamburger / Roll 9/10/12 DAY 3	C Lunch: **Peanut Butter & Jelly Sandwich** and String Cheese 9/11/12 DAY 4	9/12/12 DAY 5	D Lunch: 4 oz. Yogurt & String Cheese 9/13/12 DAY 6	9/14/12 DAY 1
Popcorn Chicken Fluffy Whipped Potatoes Dinner Roll Baby Carrot Slims w / Dip Assorted Fruit Choice of Milk	Grilled Cheese Sandwich Tomato Soup Bean Dip w / Nachos Assorted Fruit Choice of Milk	Pizza Sticks w/Sauce Spinach Salad Celery Coin Cuts w / Dip Assorted Fruit Choice of Milk	Chicken Bites Sweet Potato Criss Cuts Apple Crisp Assorted Fruit Choice of Milk	Italian Cheese Pizza Tossed Salad Steamed Corn ** Nutty Buddy Cone ** Assorted Fruit Choice of Milk
B Lunch: Egg McComet / Roll 9/17/12 DAY 2	C Lunch: **Peanut Butter & Jelly Sandwich** and String Cheese 9/18/12 DAY 3	9/19/12 DAY 4	D Lunch: 4 oz. Yogurt & String Cheese 9/20/12 DAY 5	9/21/12 DAY 6
Ham & Cheese / Pretzel Roll Candied Carrots Cauliflower Florets w / Dip Assorted Fruit Choice of Milk	Tangy Tacos Refried Beans Steamed Corn Assorted Fruit Choice of Milk	Beef Ravioli Dinner Roll Baby Carrot Slims w / Dip Tossed Salad Assorted Fruit Choice of Milk	Chicken Nuggets Fluffy Whipped Potatoes Broccoli Florets w / Dip Assorted Fruit Choice of Milk	Twisted Edge Pizza Sweet Potato Rounds Fresh Relish Tray w / Dip **Assorted Ice Cream** Assorted Fruit Choice of Milk
B Lunch: Pizza Hot Pocket 9/24/12 DAY 1	C Lunch: **Peanut Butter & Jelly Sandwich** and String Cheese 9/25/12 DAY 2	9/26/12 DAY 3	D Lunch: 4 oz. Yogurt & String Cheese 9/27/12 DAY 4	9/28/12 DAY 5
Chicken Tenders Sweet Potato Puffs Baked Beans Assorted Fruit Choice of Milk	Pizza Sticks w/Sauce Tossed Salad Cucumber Slices w / Dip Creamy Pudding Assorted Fruit Choice of Milk	French Toast Sticks Tender Sausage Patty Tossed Salad Steamed Broccoli Cuts Assorted Fruit Choice of Milk	Roast Turkey Fluffy Whipped Potatoes Dinner Roll Baby Carrot Slims w / Dip Assorted Fruit Choice of Milk	Italian Cheese Pizza Tossed Salad Steamed Green Beans Ice Cream Sandwich Assorted Fruit Choice of Milk
B Lunch: Chicken Patty/Roll	C Lunch: **Peanut Butter & Jelly Sandwich** and String Cheese	D Lunch: 4 oz. Yogurt & String Cheese	MENUS ARE NOW ON THE INTERNET - www.pennmanor.net	

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.

**** 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 ****

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.

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.