

**Penn Manor School District
August-September 2012
High School 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.****

High School Menu	Elem. Lunch - \$2.15	PRE-PAID TICKET INFORMATION:		
MENUS SUBJECT TO CHANGE	Sec. Lunch:	We welcome your comments, questions and suggestions.		
School Board Meetings:	\$2.30/\$3.25/\$3.50/\$3.75	Elementary - \$50.00	Contact the Food Services Department:	
Sept. 4 and 17, 2012	Reduced Lunch - \$.40	Secondary - \$50.00	Randy Wolfgang - 872-9500 ext. 2228	
Manor Middle Board Room	Student Milk - \$.60	Reduced - \$10.00		
7:00 p.m.	Adult Lunch- \$3.50/\$4.50			
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 Fruit Juice Choice of Milk	Sloppy Joes / Roll Baked Beans Broccoli Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk	Chicken Tenders Fluffy Whipped Potatoes Baby Carrot Slims w / Dip Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Tossed Salad Steamed Corn Ice Cream Sandwich Assorted Fruit Fruit Juice Choice of Milk	HOLIDAY NO SCHOOL
September 3, 2012	9/4/12 DAY 5	9/5/12 DAY 6	9/6/12 DAY 1	9/7/12 DAY 2
HOLIDAY NO SCHOOL	Chicken Nuggets Steamed Corn Red Pepper Strips w / Dip Assorted Fruit Fruit Juice Choice of Milk	Steak Sandwich Oven Brown Potatoes Baked Beans Assorted Fruit Fruit Juice Choice of Milk	BBQ Chicken Filet / Roll Sweet Potato Fries Fresh Relish Tray w / Dip Assorted Fruit Fruit Juice Choice of Milk	French Bread Pizza Romaine Lettuce Salad Steamed Green Beans Creamy Pudding Assorted Fruit Fruit Juice Choice of Milk
9/10/12 DAY 3	9/11/12 DAY 4	9/12/12 DAY 5	9/13/12 DAY 6	9/14/12 DAY 1
Popcorn Chicken Fluffy Whipped Potatoes Dinner Roll Baby Carrot Slims w / Dip Assorted Fruit Fruit Juice Choice of Milk	Grilled Cheese Sandwich Tomato Soup Bean Dip w / Nachos Assorted Fruit Fruit Juice Choice of Milk	Pizza Sticks w/Sauce Spinach Salad Celery Coin Cuts w / Dip Assorted Fruit Fruit Juice Choice of Milk	Chicken Bites Sweet Potato Criss Cuts Apple Crisp Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Tossed Salad ** Nutty Buddy Cone ** Assorted Fruit Fruit Juice Choice of Milk
9/17/12 DAY 2	9/18/12 DAY 3	9/19/12 DAY 4	9/20/12 DAY 5	9/21/12 DAY 6
Ham & Cheese / Pretzel Roll Candied Carrots Cauliflower Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk	Tangy Tacos Refried Beans Steamed Corn Assorted Fruit Fruit Juice Choice of Milk	Stuffed Shells Dinner Roll Tossed Salad Baby Carrot Slips w/ Dip Assorted Fruit Fruit Juice Choice of Milk	Chicken Nuggets Fluffy Whipped Potatoes Broccoli Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk	Twisted Edge Pizza Sweet Potato Rounds Fresh Relish Tray w/Dip ** Assorted Ice Cream ** Assorted Fruit Fruit Juice Choice of Milk
9/24/12 DAY 1	9/25/12 DAY 2	9/26/12 DAY 3	9/27/12 DAY 4	9/28/12 DAY 5
Chicken Tenders Sweet Potato Puffs Baked Beans Assorted Fruit Fruit Juice Choice of Milk	Pizza Sticks w/Sauce Tossed Salad Cucumber Slices w/Dip Creamy Pudding Assorted Fruit Fruit Juice Choice of Milk	Popcorn Chicken Whipped Potatoes Steamed Broccoli Cuts Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	Roast Turkey Fluffy Whipped Potatoes Dinner Roll Baby Carrot Slims w / Dip Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Tossed Salad Steamed Green Beans 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 **	

(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 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.