

**Penn Manor School District
December 2012
Elementary Menu**

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

Elementary Menu		Elem. Lunch - \$2.15 Sec. Lunch: \$2.30/\$3.25/\$3.50/\$3.75		PRE-PAID TICKET INFORMATION:			
MENSUS SUBJECT TO CHANGE		Reduced Lunch - \$.40		Elementary - \$50.00		We welcome your comments, questions and suggestions.	
School Board Meeting: Dec. 3, 2012		Student Milk - \$.60		Secondary - \$50.00		Contact the Food Services Department: Randy Wolfgang - 872-9500 ext. 2228	
Manor Middle Board Room 4:00 p.m.		Adult Lunch- \$3.50/\$4.50		Reduced - \$10.00			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
12/3/12 DAY 3	12/4/12 DAY 4	12/5/12 DAY 5	12/6/12 DAY 6	12/7/12 DAY 1			
Chicken Nuggets Fluffy Whipped Potatoes Glazed Carrots Assorted Fruit Choice of Milk	Grilled Cheese Sandwich Tomato Soup Cucumber Slices w / Dip Assorted Fruit Choice of Milk	Tangy Tacos Refried Beans Steamed Corn Assorted Fruit Choice of Milk	BBQ Chicken Drumsticks Sweet Potato Puffs Dinner Roll Chilled Fruit Juice Assorted Fruit Choice of Milk	Italian Cheese Pizza Spinach Salad Celery Sticks w / Dip Assorted Fruit Choice of Milk			
B Lunch: Pizza Hot Pocket	C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese		D Lunch: 4 oz. Yogurt & String Cheese				
12/10/12 DAY 2	12/11/12 DAY 3	12/12/12 DAY 4	12/13/12 DAY 5	12/14/12 DAY 6			
French Toast Sticks w / Syrup Tender Sausage Patty Grape Tomatoes w / Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	Hot Diggity Dog / Roll Tossed Salad Baked Beans Assorted Fruit Choice of Milk	Spaghetti w / Meat Sauce Tossed Salad Dinner Roll Assorted Fruit Choice of Milk	Chicken Fries Fluffy Whipped Potatoes Baby Carrots w / Dip Creamy Pudding Assorted Fruit Choice of Milk	French Bread Pizza Broccoli Florets w / Dip Ice Cream Sandwich Assorted Fruit Choice of Milk			
B Lunch: Hamburger / Roll	C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese		D Lunch: 4 oz. Yogurt & String Cheese				
12/17/12 DAY 1	12/18/12 DAY 2	12/19/12 DAY 3	12/20/12 DAY 4	12/21/12 DAY 5			
Hamburger / Roll Sweet Potato Fries Baby Carrots w / Dip Assorted Fruit Choice of Milk	Chicken Nuggets Steamed Green Beans Grape Tomatoes w / Dip Assorted Fruit Choice of Milk	Pizza Sticks w / Sauce Tossed Salad Cauliflower Florets w / Dip Assorted Fruit Choice of Milk	Roast Turkey Fluffy Whipped Potatoes Bread Stuffing Red Pepper Strips w / Dip Assorted Fruit Choice of Milk	Italian Cheese Pizza Spinach Salad Chilled Fruit Juice Assorted Fruit Choice of Milk			
B Lunch: Hot Dog / Roll	C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese		D Lunch: 4 oz. Yogurt & String Cheese				
December 24, 2012	December 25, 2012	December 26, 2012	December 27, 2012	December 28, 2012			
NO SCHOOL HOLIDAY	NO SCHOOL HOLIDAY	NO SCHOOL HOLIDAY	NO SCHOOL HOLIDAY	NO SCHOOL HOLIDAY			
MENUS ARE NOW ON THE INTERNET - www.pennmanor.net							

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 ****

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

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 - \$3.25

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.