

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

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

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.

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 Meeting:	\$2.30/\$3.25/\$3.50/\$3.75	Contact the Food Services Department:		
Dec. 3, 2012	Reduced Lunch - \$.40	Randy Wolfgang - 872-9500 ext. 2228		
Manor Middle Board Room	Student Milk - \$.60			
4:00 p.m.	Adult Lunch- \$3.50/\$4.50			
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 Fruit Juice Choice of Milk	Grilled Cheese Sandwich Tomato Soup Cucumber Slices w / Dip Assorted Fruit Fruit Juice Choice of Milk	Tangy Tacos Refried Beans Steamed Corn Assorted Fruit Fruit Juice Choice of Milk	Chicken Patty / Roll Sweet Potato Puffs Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Spinach Salad Celery Sticks w / Dip Assorted Fruit Fruit Juice Choice of Milk
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
Chicken Tenders Sweet Potato Crisps Grape Tomatoes w / Dip Assorted Fruit Fruit Juice Choice of Milk	Steak Sandwich Tossed Salad Baked Beans Assorted Fruit Fruit Juice Choice of Milk	Spaghetti w / Meat Sauce Tossed Salad Dinner Roll Creamy Pudding Assorted Fruit Fruit Juice Choice of Milk	Popcorn Chicken Fluffy Whipped Potatoes Baby Carrots w / Dip Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	French Bread Pizza Broccoli Florets w / Dip Ice Cream Sandwich Assorted Fruit Fruit Juice Choice of Milk
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
Stuffed Shells Tossed Salad Dinner Roll Assorted Fruit Fruit Juice Choice of Milk	Chicken Nuggets Steamed Green Beans Grape Tomatoes w / Dip Assorted Fruit Fruit Juice Choice of Milk	Pizza Sticks w / Sauce Tossed Salad Cauliflower Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk	Roast Turkey Fluffy Whipped Potatoes Bread Stuffing Red Pepper Strips w / Dip Assorted Fruit Fruit Juice Choice of Milk	Italian Cheese Pizza Spinach Salad Assorted Fruit Fruit Juice Choice of Milk
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

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 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.