

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

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

<b>Middle Schools Menu</b> MENUS SUBJECT TO CHANGE <b>School Board Meeting:</b> Dec. 3, 2012 <b>Manor Middle Board Room</b> <b>4:00 p.m.</b>	<b>Elem. Lunch - \$2.15</b> <b>Sec. Lunch:</b> <b>\$2.30/\$3.25/\$3.50/\$3.75</b> <b>Reduced Lunch - \$.40</b> <b>Student Milk - \$.60</b> <b>Adult Lunch- \$3.50/\$4.50</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>12/3/12 DAY 3</b>	<b>12/4/12 DAY 4</b>	<b>12/5/12 DAY 5</b>	<b>12/6/12 DAY 6</b>	<b>12/7/12 DAY 1</b>
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
<b>12/10/12 DAY 2</b>	<b>12/11/12 DAY 3</b>	<b>12/12/12 DAY 4</b>	<b>12/13/12 DAY 5</b>	<b>12/14/12 DAY 6</b>
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
<b>12/17/12 DAY 1</b>	<b>12/18/12 DAY 2</b>	<b>12/19/12 DAY 3</b>	<b>12/20/12 DAY 4</b>	<b>12/21/12 DAY 5</b>
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
<b>December 24, 2012</b>	<b>December 25, 2012</b>	<b>December 26, 2012</b>	<b>December 27, 2012</b>	<b>December 28, 2012</b>
<b>NO SCHOOL HOLIDAY</b>	<b>NO SCHOOL HOLIDAY</b>	<b>NO SCHOOL HOLIDAY</b>	<b>NO SCHOOL HOLIDAY</b>	<b>NO SCHOOL HOLIDAY</b>
<b>MENUS ARE NOW ON THE INTERNET - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b>				
<b>Parents are encouraged to purchase for their child pre-paid meals!</b>			<b>** Contains Peanuts And / Or Nuts **</b>	
(Please write your child's first & last name on your check when purchasing a meal ticket!) Please make checks payable: <b>Penn Manor School District</b>			<b>Soup &amp; Salad Bar available daily - \$3.25</b>	
<b>Parents &amp; 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 &amp; 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.</b>				

\*\*\*\*\* THERE IS A \$3.00 BANK CHARGE FOR CHECKS RETURNED FROM THE BANK DUE TO INSUFFICIENT FUNDS, CLOSED ACCOUNTS, ETC. \*\*\*\*\*