

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

\*\*\*\*\* To Make Credit Card Payments visit: <http://www.mynutrikids.com> or click on the link at <http://www.pennmanor.net>  
\*\*\*\*\* [mynutrikids.com](http://www.mynutrikids.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>Elementary Menu</b> MENUS SUBJECT TO CHANGE		<b>Elem. Lunch - \$2.15</b> Sec. Lunch: <b>\$2.30/\$3.00/\$3.25/\$3.50</b>		<b>PRE-PAID TICKET INFORMATION:</b>	
<b>School Board Meeting:</b> Jan. 2 and Jan. 17 (Tuesday) <b>Manor Middle Board Room</b> <b>7:00 p.m.</b>		<b>Reduced Lunch - \$.40</b> <b>Student Milk - \$.60</b> <b>Adult Lunch- \$3.50/\$4.10</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>1/2/12 DAY 6</b>	<b>1/3/12 DAY 1</b>	<b>1/4/12 DAY 2</b>	<b>1/5/12 DAY 3</b>	<b>1/6/12 DAY 4</b>	
Hot Ham & Cheese / Pretzel Roll Twister Fries Creamy Pudding Assorted Fruit Choice of Milk	BBQ Chicken Drumsticks Fluffy Whipped Potatoes Homemade Biscuit Chilled Fruit Juice Assorted Fruit Choice of Milk	Turkey & Cheese Hoagie Baked Potato Chips Steamed Corn Assorted Fruit Choice of Milk	Hamburger / Roll Golden Potato Rounds Assorted Cookies Assorted Fruit Choice of Milk	Italian Cheese Pizza Side Salad Chicken Noodle Soup Assorted Fruit Choice of Milk	
<b>B Lunch: Egg McComet</b>		<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich ** and String Cheese</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese</b>	
<b>1/9/12 DAY 5</b>	<b>1/10/12 DAY 6</b>	<b>1/11/12 DAY 1</b>	<b>1/12/12 DAY 2</b>	<b>1/13/12 DAY 3</b>	
Popcorn Chicken Fluffy Whipped Potatoes Dinner Roll Assorted Fruit Choice of Milk	Tangy Tacos Baked Potatoes Steamed Corn Assorted Fruit Choice of Milk	Chicken w / Waffles Whipped Potatoes Steamed Green Beans Assorted Fruit Choice of Milk	Hot Diggity Dog / Roll Baked Macaroni & Cheese Chilled Fruit Juice Assorted Fruit Choice of Milk	Cheese Quesadilla Pizza Side Salad Ice Cream Sandwich Assorted Fruit Choice of Milk	
<b>B Lunch: Ravioli w / Dinner Roll</b>		<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich ** and String Cheese</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese</b>	
<b>January 16, 2012</b>		<b>1/17/12 DAY 5</b>	<b>1/18/12 DAY 4</b>	<b>1/19/12 DAY 5</b>	<b>1/20/12 DAY 6</b>
<b>HOLIDAY NO SCHOOL</b>		Chicken Bites Smiley Face Potatoes Chilled Fruit Juice Assorted Fruit Choice of Milk	Stuffed Shells Side Salad Italian Bread Creamy Pudding Assorted Fruit Choice of Milk	Chicken Nuggets Fluffy Whipped Potatoes Yellow Corn Assorted Fruit Choice of Milk	Italian Cheese Pizza Nachos / Salsa Chilled Fruit Juice Assorted Fruit Choice of Milk
<b>B Lunch: Turkey &amp; Cheese Sandwich</b>		<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich" and String Cheese</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese</b>	
<b>1/23/12 DAY 1</b>	<b>1/24/12 DAY 2</b>	<b>1/25/12 DAY 3</b>	<b>1/26/12 DAY 4</b>	<b>1/27/12 DAY 5</b>	
Blueberry Pancakes Tender Sausage Patties Chilled Fruit Juice Assorted Fruit Choice of Milk	Twisted Sticks Side Salad Angel Food Cake Assorted Fruit Choice of Milk	Chicken Tenders Whipped Potatoes Steamed Corn Assorted Fruit Choice of Milk	Roast Turkey Whipped Potatoes Plump Peas Dinner Roll Assorted Fruit Choice of Milk	French Bread Pizza Side Salad Ice Cream Sandwich Assorted Fruit Choice of Milk	
<b>B Lunch: Chicken Patty / Roll</b>		<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich ** and String Cheese</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese</b>	
<b>1/30/12 DAY 6</b>	<b>1/31/12 DAY 1</b>	<b>2/1/12 DAY 2</b>	<b>2/2/12 DAY 3</b>	<b>2/3/12 DAY 4</b>	
Popcorn Chicken Fluffy Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Choice of Milk	Hot Ham & Cheese / Pretzel Roll Colossal Fries Chilled Fruit Juice Assorted Fruit Choice of Milk	Spaghetti w / Meatballs Side Salad Dinner Roll Apple Crisp Assorted Fruit Choice of Milk	Grilled Cheese Sandwich Tomato Soup Golden Sweet Potato Puffs Assorted Fruit Choice of Milk	Italian Cheese Pizza ** Peanut Butter Crackers ** Chilled Fruit Juice Assorted Fruit Choice of Milk	
<b>B Lunch: Hamburger / Roll</b>		<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich ** and String Cheese</b>		<b>D Lunch: 4 oz. Yogurt &amp; String Cheese</b>	
<b>MENUS ARE NOW ON THE INTERNET - <a href="http://www.pennmanor.net">www.pennmanor.net</a></b>					

**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 \*\***

**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.