

**Penn Manor School District
March 2013
Elementary Menu**

To Make Credit Card Payments visit www.myschoolbucks.com or click on the link at <http://www.pennmanor.net>
***** 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		PRE-PAID TICKET INFORMATION:			
MENUS SUBJECT TO CHANGE		Sec. Lunch: \$2.30/\$3.25/\$3.50/\$3.75		Elementary - \$50.00		We welcome your comments, questions and suggestions.	
School Board Meeting: March 4 and 18, 2013		Reduced Lunch - \$.40		Secondary - \$50.00		Contact the Food Services Department: Randy Wolfgang - 872-9500 ext. 2228	
Manor Middle Board Room 7:00 p.m.		Student Milk - \$.60		Reduced - \$10.00			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
3/4/13 DAY 4		3/5/13 DAY 5		3/6/13 DAY 6		3/7/13 DAY 1	
Chicken Tenders Fluffy Whipped Potatoes Steamed Glazed Carrots Assorted Fruit Choice of Milk		Hot Diggity Dog / Roll Tasty Baked Beans Celery Sticks w / Dip Baked Macaroni & Cheese Assorted Fruit Choice of Milk		Pizza Sticks w / Dipping Sauce Tossed Salad Chilled Fruit Juice Assorted Fruit Choice of Milk		Tangy Tacos Baked Potato Steamed Corn Assorted Fruit Choice of Milk	
B Lunch: Goldfish Bread Grilled Cheese		C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese		D Lunch: 4 oz. Yogurt & String Cheese			
3/11/13 DAY 3		3/12/13 DAY 4		3/13/13 DAY 5		3/14/13 DAY 6	
Plump Pancakes w / Syrup Tender Sausage Patty Steamed Green Beans Chilled Fruit Juice Assorted Fruit Choice of Milk		Pizza Hot Pocket Golden Potato Wedges Red Pepper Strips w / Dip Assorted Fruit Choice of Milk		Grilled Cheese Tomato Soup Baked Chips Spinach Salad Assorted Fruit Choice of Milk		Chicken Nuggets Fluffy Whipped Potatoes Steamed Corn Celery Sticks w / Dip Assorted Fruit Choice of Milk	
B Lunch: Deli Turkey & Cheese Sandwich		C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese		D Lunch: 4 oz. Yogurt & String Cheese			
3/18/13 DAY 2		3/19/13 DAY 3		3/20/13 DAY 4		3/21/13 DAY 5	
Popcorn Chicken Fluffy Whipped Potatoes Steamed Corn Strawberry Shortcake Assorted Fruit Choice of Milk		Ham & Cheese / Pretzel Roll Sweet Potato Crisps Cauliflower Florets w / Dip Assorted Fruit Choice of Milk		Chicken Fries Oven Brown Potatoes Black Bean Salad Assorted Fruit Choice of Milk		Roast Turkey Sweet Potatoes Steamed Green Beans Dinner Roll Assorted Fruit Choice of Milk	
B Lunch: Breakfast on a Stick		C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese		D Lunch: 4 oz. Yogurt & String Cheese			
3/25/13 DAY 1		3/26/13 DAY 2		3/27/13 DAY 3		March 28, 2013	
Pizza Sticks w / Sauce Tossed Salad Steamed Corn Chilled Fruit Juice Assorted Fruit Choice of Milk		Chicken Bites Fluffy Whipped Potatoes Baby Carrots w / Dip Assorted Fruit Choice of Milk		Personal Pan Pizza Spinach Salad Baked Doritos Cucumber Slices w / Dip Assorted Fruit Choice of Milk		NO SCHOOL	
B Lunch: Steak Sandwich		C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese		D Lunch: 4 oz. Yogurt & String Cheese			

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 **

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**

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.

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

** Contains Peanuts And / Or Nuts **

Soup & Salad Bar available daily - \$3.75
Salad Bar Only - \$3.25