

**Penn Manor School District
May - June 2013
Elementary Menu**

***** To Make Credit Card Payments visit www.myschoolbucks.com or click on the link at <http://www.pennmanor.net>
mynutkids.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 Menu		Elem. Lunch - \$2.15 Sec. Lunch: \$2.30/\$3.25/\$3.50/\$3.75		PRE-PAID TICKET INFORMATION:	
MENUS SUBJECT TO CHANGE School Board Meeting: May 6 & 20, June 3 & 17, 2013 Manor Middle Board Room 7:00 p.m.		Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.50/\$4.50		Elementary - \$50.00 Secondary - \$50.00 Reduced - \$10.00	
We welcome your comments, questions and suggestions. Contact the Food Services Department: Randy Wolfgang - 872-9500 ext. 2228					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
5/6/13 DAY 4	5/7/13 DAY 5	5/8/13 DAY 6	5/9/13 DAY 1	5/10/13 DAY 2	
Chicken Tenders Sweet Potatoes Puffs Steamed Corn Assorted Fruit Choice of Milk	Hot Ham & Cheese / Pretzel Roll Oven Brown Potatoes Baby Carrots w / Dip Assorted Fruit Choice of Milk	Pizza Sticks w / Sauce Tossed Salad Tasty Baked Beans Assorted Fruit Choice of Milk	Chicken Nuggets Fluffy Whipped Potatoes California Blend Vegetables Assorted Fruit Choice of Milk	Stuffed Crust Pizza Celery Sticks w / Dip ** Nutty Buddy Cone ** Assorted Fruit Choice of Milk	
B Lunch: Beef Ravioli 5/13/13 DAY 3		C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese 5/14/13 DAY 4		D Lunch: 4 oz. Yogurt & String Cheese 5/16/13 DAY 6	
Popcorn Chicken Fluffy Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Choice of Milk		Grilled Cheese Tomato Soup Spinach Salad Baked Chips Assorted Fruit Choice of Milk		Roast Turkey Candied Sweet Potatoes Fresh Vegetable Tray Dinner Roll Assorted Fruit Choice of Milk	
B Lunch: Egg McComet / Roll May 20, 2013		C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese May 21, 2013		D Lunch: 4 oz. Yogurt & String Cheese 5/23/13 DAY 3	
NO SCHOOL		NO SCHOOL		French Toast Sticks w / Syrup Tender Sausage Patty Black Bean Salad Assorted Fruit Choice of Milk	
B Lunch: Chicken Patty / Roll May 27, 2013		C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese 5/29/13 DAY 6		D Lunch: 4 oz. Yogurt & String Cheese 5/30/13 DAY 1	
NO SCHOOL HOLIDAY		Chicken Fries Sweet Potato Crisps Manager's Choice Vegetables Assorted Fruit Chilled Fruit Juice Choice of Milk		Pizza Sticks w / Sauce Tossed Salad Red Pepper Strips w / Dip Assorted Fruit Choice of Milk	
B Lunch: Goldfish Bread Grilled Cheese 6/3/13 DAY 3		C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese 6/4/13 DAY 4		D Lunch: 4 oz. Yogurt & String Cheese 6/6/13 DAY 6	
Popcorn Chicken Fluffy Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Choice of Milk		Grilled Cheese Tomato Soup Baked Doritos Assorted Fruit Choice of Milk		Chicken Nuggets Manager's Choice of Potatoes Baby Carrots w / Dip Assorted Fruit Choice of Milk	
				Italian Cheese Pizza Fresh Vegetable Tray ** Assorted Ice Cream ** 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	
MENUS ARE NOW ON THE INTERNET - www.pennmanor.net					

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.

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 ****

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