

**Penn Manor School District  
November 2011  
Elementary Menu**

\*\*\*\*\* To Make Credit Card Payments visit: <http://www.mynutrikids.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.

<b>Elementary Menu</b> MENSUS SUBJECT TO CHANGE <b>School Board Meeting:</b> Nov. 7 and 21, 2011 <b>Manor Middle Board Room</b> 7:00 p.m.	<b>Elem. Lunch - \$2.15</b> <b>Sec. Lunch:</b> <b>\$2.30/\$3.00/\$3.25/\$3.50</b> <b>Reduced Lunch - \$.40</b> <b>Student Milk - \$.60</b> <b>Adult Lunch- \$3.50/\$4.10</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>10/31/11 DAY 6</b>	<b>11/1/11 DAY 1</b>	<b>11/2/11 DAY 2</b>	<b>11/3/11 DAY 3</b>	<b>11/4/11 DAY 4</b>	
Chicken Tenders Fluffy Whipped Potatoes Steamed Green Beans Assorted Fruit Choice of Milk	Twisted Sticks w / Sauce Side Salad Creamy Pudding Assorted Fruit Choice of Milk	Grilled Cheese Sandwich Tomato Soup Angel Food Cake Assorted Fruit Choice of Milk	Popcorn Chicken Whipped Potatoes Dinner Roll Yellow Corn Assorted Fruit Choice of Milk	Italian Cheese Pizza Side Salad Ice Cream Sandwich Assorted Fruit Choice of Milk	
<b>B Lunch: Turkey &amp; Cheese Sandwich</b> <b>November 7, 2011</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich ** and String Cheese</b> <b>11/8/2011 DAY 5</b>	<b>11/9/11 DAY 6</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese</b> <b>11/10/11 DAY 1</b>	<b>11/11/11 DAY 2</b>	
<b>NO SCHOOL</b>	<b>NO SCHOOL</b> <b>ELEMENTARY ONLY</b>	Hot Diggity Dog / Roll Baked Twisted Fries Chilled Fruit Juice Assorted Fruit Choice of Milk	Walking Tacos Baked Doritos Steamed Corn Assorted Fruit Choice of Milk	Twisted Edge Pizza Nachos & Salsa Chilled Fruit Juice Assorted Fruit Choice of Milk	
<b>B Lunch: Chicken Patty w/ Roll</b> <b>11/14/11 DAY 3</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich ** and String Cheese</b> <b>11/15/11 DAY 4</b>	<b>11/16/11 DAY 5</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese</b> <b>11/17/11 DAY 6</b>	<b>11/18/11 DAY 1</b>	
Chicken Nuggets Seasoned Pasta Steamed Corn Assorted Fruit Choice of Milk	Hot Ham & Cheese / Pretzel Roll Colossal Fries Creamy Pudding Assorted Fruit Choice of Milk	Pizza Sticks w/ Sauce Vegetable Soup Iced Chocolate Cake Assorted Fruit Choice of Milk	Roast Turkey Fluffy Whipped Potatoes Plump Peas Dinner Roll Assorted Fruit Choice of Milk	Italian Cheese Pizza Side Salad Skinny Cow Sundae Assorted Fruit Choice of Milk	
<b>B Lunch: Hamburger / Roll</b> <b>11/21/11 DAY 2</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich ** and String Cheese</b> <b>11/22/11 DAY 3</b>	<b>11/23/11 DAY 4</b>	<b>D Lunch: 4 oz. Yogurt &amp; String Cheese</b> <b>November 24, 2011</b>	<b>November 25, 2011</b>	
Blueberry Pancakes w / Syrup Tender Sausage Patties Chilled Fruit Juice Assorted Fruit Choice of Milk	Chicken Tenders Oven Brown Potatoes Creamy Pudding Assorted Fruit Choice of Milk	Cheese Quesadilla Pizza Side Salad Strawberry Dessert Assorted Fruit Choice of Milk	<b>NO SCHOOL</b> <b>HOLIDAY</b>	<b>NO SCHOOL</b> <b>HOLIDAY</b>	
<b>B Lunch: Beef Ravioli w / Roll</b>	<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich ** and String Cheese</b>	<b>D Lunch: 4 oz. Yoagurt &amp; String Cheese</b>	<b>MENSUS 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!)

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

Please make checks payable: **Penn Manor School District**

**\*\* 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.