

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

To Make Credit Card Payments visit www.myschoolbucks.com or click on the link at <http://www.pennmanor.net>

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: | |
|---|--|--|--|--|--|
| MENSUS SUBJECT TO CHANGE | | Sec. Lunch: \$2.30/\$3.25/\$3.50/\$3.75 | | Elementary - \$50.00 | |
| School Board Meeting: November 5 and 19, 2012 | | Reduced Lunch - \$.40 | | Secondary - \$50.00 | |
| Manor Middle Board Room 7:00 p.m. | | Student Milk - \$.60 | | Reduced - \$10.00 | |
| Adult Lunch- \$3.50/\$4.50 | | | | We welcome your comments, questions and suggestions. Contact the Food Services Department: Randy Wolfgang - 872-9500 ext. 2228 | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| 11/5/2012 DAY 4 | 11/6/2012 DAY 5 | 11/7/12 DAY 6 | 11/8/12 DAY 1 | 11/9/12 DAY 2 | |
| Pizza Sticks w / Sauce Tossed Salad Broccoli Florets w / Dip Assorted Fruit Fruit Juice Choice of Milk | NO SCHOOL ELEMENTARY ONLY | Hamburg Sliders Sweet Potato Rounds Tossed Salad Assorted Fruit Choice of Milk | Popcorn Chicken Fluffy Whipped Potatoes Dinner Roll Broccoli Florets w / Dip Assorted Fruit Choice of Milk | Cheese Quesadilla Pizza Baby Carrots w / Dip Steamed Corn Assorted Fruit Choice of Milk | |
| B Lunch: Beef Ravioli | C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese | | D Lunch: 4 oz. Yogurt & String Cheese | | |
| 11/12/12 DAY 3 | 11/13/12 DAY 4 | 11/14/12 DAY 5 | 11/15/12 DAY 6 | 11/16/12 DAY 1 | |
| Chicken Patty / Roll Sweet Potato Crisccuts Tossed Salad Assorted Fruit Chilled Fruit Juice Choice of Milk | Tangy Tacos Refried Beans Steamed Corn Tasty Juicy Gel Assorted Fruit Choice of Milk | Grilled Cheese Tomato Soup Cucumber Slices w / Dip Assorted Fruit Choice of Milk | Roast Turkey Bread Stuffing Whipped Potatoes Plump Peas Assorted Fruit Choice of Milk | Italian Cheese Pizza Fresh Vegetable Tray w / Dip Steamed Broccoli Cuts Creamy Pudding Assorted Fruit Choice of Milk | |
| B Lunch: Ham & Cheese Sandwich | C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese | | D Lunch: 4 oz. Yogurt & String Cheese | | |
| 11/19/12 DAY 2 | 11/20/12 DAY 3 | 11/21/12 DAY 4 | November 22, 2012 | November 23, 2012 | |
| Chicken Nuggets Fluffy Whipped Potatoes Glazed Carrots Assorted Fruit Chilled Fruit Juice Choice of Milk | Hot Ham & Cheese / Pretzel Roll Baked French Fries Grape Tomatoes w / Dip Assorted Fruit Fruit Juice Choice of Milk | Personal Pan Pizza Tossed Salad Celery Sticks w / Dip Ice Cream Sandwich Assorted Fruit Choice of Milk | NO SCHOOL HOLIDAY | NO SCHOOL HOLIDAY | |
| B Lunch: Hamburger / Roll | C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese | | D Lunch: 4 oz. Yogurt & String Cheese | | |
| November 26, 2012 | 11/27/12 DAY 5 | 11/28/12 DAY 6 | 11/29/12 DAY 1 | 11/30/12 DAY 2 | |
| NO SCHOOL HOLIDAY | Chicken Bites Sweet Potato Fries Steamed Corn Assorted Fruit Choice of Milk | Pizza Sticks Romaine Lettuce Salad Cauliflower Florets w / Dip Strawberry Shortcake Assorted Fruit Choice of Milk | Popcorn Chicken Fluffy Whipped Potatoes Dinner Roll Red Pepper Strips w / Dip Assorted Fruit Choice of Milk | Italian Cheese Pizza Tossed Salad Sweet Potato Puffs Assorted Fruit Choice of Milk | |
| B Lunch: Egg McComet / Roll | C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese | | D Lunch: 4 oz. Yogurt & String Cheese | | |
| MENSUS 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**

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

**** Contains Peanuts And / Or Nuts ****

Soup & Salad Bar available daily - \$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.