

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

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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 MENUS SUBJECT TO CHANGE School Board Meeting: Oct. 3 and 17, 2011 Manor Middle Board Room 7:00 p.m.		Elem. Lunch - \$2.15 Sec. Lunch: \$2.30/\$3.00/\$3.25/\$3.50 Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.50/\$4.10	PRE-PAID TICKET INFORMATION: 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	
10/3/11 DAY 5	10/4/11 DAY 6	10/5/11 DAY 1	10/6/11 DAY 2	10/7/11 DAY 3	
Popcorn Chicken Fluffy Whipped Potatoes Dinner Roll Assorted Fruit Choice of Milk	Grilled Cheese Sandwich Side Salad Tomato Soup Assorted Fruit Choice of Milk	Twisted Sticks w / Sauce Chilled Fruit Juice Creamy Pudding Assorted Fruit Choice of Milk	Chicken Bites Sweet Potato Fries Chilled Fruit Juice Assorted Fruit Choice of Milk	Italian Cheese Pizza Assorted Vegetable Tray Ice Cream Sandwich Assorted Fruit Choice of Milk	
B Lunch: Turkey & Cheese Wrap October 10, 2011	C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese 10/11/11 DAY 4	10/12/11 DAY 5	D Lunch: 4 oz. Yogurt & String Cheese 10/13/11 DAY 6	10/14/11 DAY 1	
NO SCHOOL HOLIDAY	Beef Ravioli Italian Bread Chilled Fruit Juice Creamy Pudding Assorted Fruit Choice of Milk	Chicken Tenders Fluffy Whipped Potatoes Steamed Green Beans Assorted Fruit Choice of Milk	Tangy Tacos Baked Potato Yellow Corn Assorted Fruit Choice of Milk	Twisted Edge Pizza w / Pepperoni Side Salad ** Peanut Butter Crackers ** Assorted Fruit Choice of Milk	
B Lunch: Pizza Hot Pocket 10/17/11 DAY 2	C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese 10/18/11 DAY 3	10/19/11 DAY 4	D Lunch: 4 oz. Yogurt & String Cheese 10/20/11 DAY 5	10/21/11 DAY 6	
Chicken Nuggets Seasoned Pasta Plump Peas Assorted Fruit Choice of Milk	Pizza Sticks w / Sauce Side Salad Angel Food Cake Assorted Fruit Choice of Milk	Hot Ham & Cheese / Pretzel Roll Baked Doritos Chilled Fruit Juice Assorted Fruit Choice of Milk	Chicken Patty / Roll Twister Fries Steamed Corn Assorted Fruit Choice of Milk	Italian Cheese Pizza Nachos & Salsa ** Nutty Buddy Cone ** Assorted Fruit Choice of Milk	
B Lunch: Egg McComet / Roll 10/24/11 DAY 1	C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese 10/25/11 DAY 2	10/26/11 DAY 3	D Lunch: 4 oz. Yogurt & String Cheese 10/27/11 DAY 4	10/28/11 DAY 5	
Hot Diggity Dog / Roll Colossal Fries Chilled Fruit Juice Assorted Fruit Choice of Milk	Cheesey Max Snax Side Salad Creamy Pudding Assorted Fruit Choice of Milk	BBQ Chicken Drumsticks Golden Potato Rounds Chilled Fruit Juice Assorted Fruit Choice of Milk	Roast Turkey Fluffy Whipped Potatoes Oven Fresh Biscuit Steamed Corn Assorted Fruit Choice of Milk	Cheese Quesadilla Pizza Chicken Noodle Soup Chilled Fruit Juice 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		

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

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

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

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.