

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

To Make Credit Card Payments visit: <http://www.mynutrikids.com> or click on the link at <http://www.pennmanor.net>
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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	Elem. Lunch - \$2.15 Sec. Lunch: \$2.30/\$3.25/\$3.50/\$3.75 Reduced Lunch - \$.40 Student Milk - \$.60 Adult Lunch- \$3.50/\$4.50	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
School Board Meeting: October 1 and 15, 2012 Manor Middle Board Room 7:00 p.m.	MENUS SUBJECT TO CHANGE				
School Board Meeting:	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
10/1/12 DAY 6	10/2/12 DAY 1	10/3/12 DAY 2	10/4/12 DAY 3	10/5/12 DAY 4	
Popcorn Chicken Steamed Corn Tossed Salad Steamed Pasta Assorted Fruit Choice of Milk	Grilled Cheese Sandwich Tomato Soup Broccoli Florets w / Dip Assorted Fruit Choice of Milk	Hot Diggity Dog / Bun Baked Beans Baby Carrots w / Dip Assorted Fruit Choice of Milk	Chicken Patty / Roll Sweet Potato Criss Cuts Grape Tomatoes w / Dip Assorted Fruit Choice of Milk	French Bread Pizza Tossed Salad Celery Sticks w / Dip Assorted Fruit Choice of Milk	
B Lunch: Max Snax w / Salsa	C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese	D Lunch: 4 oz. Yogurt & String Cheese			
October 8, 2012	10/9/12 DAY 5	10/10/12 DAY 6	10/11/12 DAY 1	10/12/12 DAY 2	
NO SCHOOL HOLIDAY	Hamburger / Roll Golden Potato Rounds Steamed Peas Baby Carrots w / Dip Assorted Fruit Choice of Milk	Pizza Sticks w / Sauce Tossed Salad Cucumber Slices w / Dip Assorted Fruit Choice of Milk	Chicken Nuggets Candied Sweet Potatoes Cauliflower Florets w / Dip Assorted Fruit Choice of Milk	Italian Cheese Pizza Fresh Vegetable Tray w / Dip Roasted Garbanzo Beans Assorted Ice Cream 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			
10/15/12 DAY 3	10/16/12 DAY 4	10/17/12 DAY 5	10/18/12 DAY 6	10/19/12 DAY 1	
Chicken Tenders Baked French Fries Glazed Carrots Assorted Fruit Choice of Milk	Tangy Tacos Fiesta Rice Refried Beans Baby Carrots w / Dip Assorted Fruit Choice of Milk	Hot Ham & Cheese / Pretzel Roll Sweet Potato Puffs Grape Tomatoes w / Dip Assorted Fruit Choice of Milk	Chicken Bites Fluffy Whipped Potatoes Celery Sticks w / Dip Assorted Fruit Choice of Milk	Personal Pan Pizza Romaine Lettuce Salad Baby Carrots w / Dip Assorted Fruit Choice of Milk	
B Lunch: Breakfast Hot Pocket	C Lunch: **Peanut Butter & Jelly Sandwich ** and String Cheese	D Lunch: 4 oz. Yogurt & String Cheese			
10/22/12 DAY 2	10/23/12 DAY 3	10/24/12 DAY 4	10/25/12 DAY 5	10/26/12 DAY 6	
Popcorn Chicken Whipped Potatoes Yellow Corn Assorted Fruit Choice of Milk	Spaghetti w / Meatsauce Tossed Salad Cucumber Slices w / Dip Dinner Roll Assorted Fruit Choice of Milk	Pancakes w / Syrup Tender Sausage Patty Tossed Salad Baby Carrots w / Dip Assorted Fruit Choice of Milk	Roast Turkey Candied Sweet Potatoes Steamed Green Beans Dinner Roll Assorted Fruit Choice of Milk	Italian Cheese Pizza Tossed Salad Celery Sticks w / Dip Ice Cream Sandwich 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			
10/29/12 DAY 1	10/30/12 DAY 2	10/31/12 DAY 3	11/1/12 DAY 4	11/2/12 DAY 5	
Pizza Sticks w / Sauce Tossed Salad Broccoli Florets w / Dip Assorted Fruit Choice of Milk	Chicken Fry Sweet Potato Criss Cuts Cucumber Slices w / Dip Assorted Fruit Choice of Milk	Grilled Cheese Sandwich Tomato Soup Black Bean Salad Assorted Fruit Choice of Milk	Chicken Nuggets Fluffy Whipped Potatoes Baby Carrots w / Dip Assorted Fruit Choice of Milk	Italian Cheese Pizza Fresh Vegetable Tray w / Dip Steamed Corn 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			

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**

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

** Contains Peanuts And / Or Nuts **

Soup & Salad Bar available daily - \$.325

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.