

**Penn Manor School District**  
**February 2014**  
**Elementary Menu**

\*\*\*\* To Make Credit Card Payments visit [www.myschoolbucks.com](http://www.myschoolbucks.com) or click on the link at <http://www.pennmanor.net>  
[mynutritools.com](http://mynutritools.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 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: Feb. 3 and Feb. 18 (Tues.), 2014 Manor Middle Board Room 7:00 p.m.	Elem. Lunch - \$2.25 Sec. Lunch: \$2.40/\$2.25/\$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
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/3/14 DAY 5 Chicken Bites Furly Whipped Potatoes Steamed Green Beans Chilled Fruit Juice Assorted Fruit Choice of Milk	2/4/14 DAY 6 Hot Ham & Cheese / Pretzel Roll Sweet Potato Casserole Celery Sticks w/ Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	2/5/14 DAY 1 Stuffed Shells Tossed Salad Steamed Broccoli Cuts Dinner Roll Assorted Fruit Choice of Milk	2/6/14 DAY 2 Chicken Fries Oven Brown Potatoes Steamed Corn Assorted Fruit Choice of Milk	2/7/14 DAY 3 French Bread Pizza Garden Salad Sweet Potato Fries Ice Cream Sandwich Assorted Fruit Choice of Milk
2/10/14 DAY 4 Chicken Tenders Steamed Pasta Yellow Corn Assorted Fruit Choice of Milk	2/11/14 DAY 5 Grilled Cheese Sandwich Steamy Tomato Soup Romano Lettuce Salad Assorted Fruit Choice of Milk	2/12/14 DAY 6 Chicken Nuggets Furly Whipped Potatoes Baby Carrots w/ Dip Assorted Fruit Choice of Milk	2/13/14 DAY 1 Roast Turkey & Waffles Furly Whipped Potatoes Broccoli Cuts w/ Dip Assorted Fruit Choice of Milk	2/14/14 DAY 2 Italian Cheese Pizza Fresh Vegetable Tray w/ Dip Black Bean Salad w/ Doritos Soppes Chilled Fruit Juice Assorted Fruit Choice of Milk
2/17/14 DAY 1 <b>NO SCHOOL HOLIDAY</b>	2/18/14 DAY 3 Popcorn Chicken Whipped Potatoes California Blend Vegetables Dinner Roll Assorted Fruit Choice of Milk	2/19/14 DAY 4 Pizza Slices w/ Dipping Sauce Spinach Salad Celery Sticks w/ Dip Assorted Fruit Choice of Milk	2/20/14 DAY 5 French Toast Sticks Tender Sausage Party Red Pepper Strips w/ Dip Chilled Fruit Juice Assorted Fruit Choice of Milk	2/21/14 DAY 6 Stuffed Crust Pizza Tossed Salad Glazed Carrots Nifty Buddy Cone Assorted Fruit Choice of Milk
2/24/14 DAY 1 Chicken Nuggets Furly Whipped Potatoes Pump Peas Assorted Fruit Choice of Milk	2/25/14 DAY 2 Tangy Tacos Steamed Corn Refried Beans Chilled Fruit Juice Assorted Fruit Choice of Milk	2/26/14 DAY 3 Hot Diggly Dog / Roll Baked Macaroni & Cheese Steamed Green Beans Assorted Fruit Choice of Milk	2/27/14 DAY 4 Roast Turkey Furly Whipped Potatoes Steamed Corn Dinner Roll Assorted Fruit Choice of Milk	2/28/14 DAY 5 Italian Cheese Pizza Tossed Salad Mega Noodle Soup Assorted Fruit Choice of Milk
<b>B Lunch: Chicken Patty / Roll</b>				
<b>C Lunch: **Peanut Butter &amp; Jelly Sandwich ** and String Cheese</b>				
<b>D Lunch: 4 oz. Yogurt &amp; String Cheese</b>				
<b>A la Carte - Granola Bars, Capri Sun Fruit Juice, Fruit Roll-Ups, Milk, Water, Ice Cream and Popcorn. All Items - \$.60</b>				
<b>** S Lunch: Chef Salad Available Every Wednesday Only **</b>				

**MENUS ARE NOW ON THE INTERNET - [www.pennmanor.net](http://www.pennmanor.net)**

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

Soup & Salad Bar available daily - \$3.75  
 Salad Bar Only \$3.25  
 Calories - 130, Fat - 7 grams  
 \*\* Contains Peanuts And / Or Nuts \*\*

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, -breaks/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.**