



# Penn-Trafford Elementary September 2019 Breakfast Menu

**26**  
**4 French Toast Sticks**  
*Banana Chocolate Chip Benefit Bar*  
Cinnamon Toast Crunch

**27**  
**Apple Frudel**  
*Mini Cinni's*  
Cinnamon Toast Crunch

**28**  
**Cinnamon Sugar Donut Holes**  
*Mini Strawberry Bagels*  
Cinnamon Toast Crunch

**29**  
**Sausage & Cheese Bagel**  
*Oatmeal Chocolate Chip Benefit Bar*  
Cinnamon Toast Crunch

**30**  
**Maple Mini French Toast**  
*Mini Cinni's*  
Cinnamon Toast Crunch

**2**  
**Labor Day No School!**

**3**  
**Strawberry Parfait**  
*Mini Cinni's*  
Lucky Charms

**4**  
**Cinnamon Sugar Donut**  
*Mini Strawberry Bagels*  
Lucky Charms

**5**  
**Cheese Omelet w/ Bacon**  
*Oatmeal Chocolate Chip Benefit Bar*  
Lucky Charms

**6**  
**Maple Mini Pancakes**  
*Mini Cinni's*  
Lucky Charms

**9**  
**4 French Toast Sticks**  
*Banana Chocolate Chip Benefit Bar*  
Cocoa Puffs

**10**  
**Apple Frudel**  
*Mini Cinni's*  
Cocoa Puffs

**11**  
**Cinnamon Sugar Donut Holes**  
*Mini Strawberry Bagels*  
Cocoa Puffs

**12**  
**Breakfast Pizza**  
*Oatmeal Chocolate Chip Benefit Bar*  
Cocoa Puffs

**13**  
**Maple Mini French Toast**  
*Mini Cinni's*  
Cocoa Puffs

**16**  
**4 French Toast Sticks**  
*Banana Chocolate Chip Benefit Bar*  
Frosted Flakes

**17**  
**Blueberry Parfait**  
*Mini Cinni's*  
Frosted Flakes

**18**  
**Cinnamon Sugar Donut**  
*Mini Strawberry Bagels*  
Frosted Flakes

**19**  
**Egg & Cheese Bagel**  
*Oatmeal Chocolate Chip Benefit Bar*  
Frosted Flakes

**20**  
**Maple Mini Pancakes**  
*Mini Cinni's*  
Frosted Flakes

**23**  
**4 French Toast Sticks**  
*Banana Chocolate Chip Benefit Bar*  
Cocoa Puffs

**24**  
**Apple Frudel**  
*Mini Cinni's*  
Cocoa Puffs

**25**  
**Cinnamon Sugar Donut Holes**  
*Mini Strawberry Bagels*  
Cocoa Puffs

**26**  
**Breakfast Pizza**  
*Oatmeal Chocolate Chip Benefit Bar*  
Cocoa Puffs

**27**  
**Maple Mini Pancakes**  
*Mini Cinni's*  
Cocoa Puffs

## Information & Pricing

**Milk Options:** 1%, Flavored, Skim or Lactaid  
**Make It A Meal!** Choose an Entrée, a fruit, a vegetable, AND a milk all for one price!  
Full Price: \$1.30      Reduced Price: \$0.30  
Free to those who qualify

## Additionally Available Throughout Each Week:

**Entrees:** Strawberry, Cinnamon, & Fudge Pop-Tarts  
**Fruits:** Fruit Punch, Apple, or Orange Juice, Apples, Oranges, & Pears  
**Questions?** Contact us at [pthscafe@penntrafford.org](mailto:pthscafe@penntrafford.org) or 724-744-2664