

**Penn Trafford Center Menu for April 2019**

Menus Subject to Change

<b>MONDAY 1</b>	<b>TUESDAY 2</b>	<b>WEDNESDAY 3</b>	<b>THURSDAY 4</b>	<b>FRIDAY 5</b>
WG French Toast Sticks Unsweetened Applesauce Low Fat Milk ----- Beef & Cheese Nachos Seasoned Peas Fruit Low Fat Milk	WG Cereal Fresh Pear Low Fat Milk ----- Breaded Chicken Drumstick w/ WG Roll Mashed Potatoes Fruit Low Fat Milk	LF Yogurt & ½ WG Bagel Fresh Orange Segments Low Fat Milk ----- Chicken Patty Sandwich Baby Carrots Fruit Low Fat Milk	WG Cereal Fresh Apple Low Fat Milk ----- Turkey Chef Salad w/ Croutons & WG Roll Fruit Low Fat Milk	WG Cereal Fresh Orange Segments Low Fat Milk ----- Fish Patty Sandwich Seasoned Broccoli Fruit Low Fat Milk
<b>MONDAY 8</b>	<b>TUESDAY 9</b>	<b>WEDNESDAY 10</b>	<b>THURSDAY 11</b>	<b>FRIDAY 12</b>
WG French Toast Sticks Fresh Pear Low Fat Milk ----- Grilled Cheese Sandwich Cherry Tomatoes Fruit Low Fat Milk	Blueberry Parfait w/ WG Granola Low Fat Milk ----- Popcorn Chicken WG Roll Celery Sticks Fruit Low Fat Milk	WG Bagel w/ Sunbutter Fresh Apple Low Fat Milk ----- Chicken Parmesan WG Pasta Seasoned Peas Fruit Low Fat Milk	Breakfast Pizza Fresh Orange Segments Low Fat Milk ----- Crunchy Beef Tacos Shredded Lettuce Black Beans Fruit Low Fat Milk	WG Cereal Unsweetened Applesauce Low Fat Milk ----- Cheese Pizza Fresh Cauliflower Fruit Low Fat Milk
<b>MONDAY 15</b>	<b>TUESDAY 16</b>	<b>WEDNESDAY 17</b>	<b>THURSDAY 18</b>	<b>FRIDAY 19</b>
WG French Toast Sticks Fresh Apple Low Fat Milk ----- Popcorn Chicken Pretzel Rod Sweet Potato Tater Tots Fruit Low Fat Milk	WG Cereal Fresh Pear Low Fat Milk ----- BBQ Chicken Wrap Shredded Lettuce Black Beans Fruit Low Fat Milk	LF Yogurt & ½ WG Bagel Unsweetened Applesauce Low Fat Milk ----- Roasted Pork Sliced WG Dinner Roll Garlic-Parmesan Mashed Potatoes Fruit Low Fat Milk	Egg & Cheese on WG Bagel Fresh Orange Segments Low Fat Milk ----- Beef Taco Salad w/ Baked Chips Fruit Low Fat Milk	<b>NO CENTER</b>
<b>MONDAY 22</b>	<b>TUESDAY 23</b>	<b>WEDNESDAY 24</b>	<b>THURSDAY 25</b>	<b>FRIDAY 26</b>
WG French Toast Sticks Unsweetened Applesauce Low Fat Milk ----- Cheeseburger on WG Bun Waffle Fries Fruit Low Fat Milk	Strawberry Parfait w/ WG Granola Low Fat Milk ----- Popcorn Chicken WG Roll Mashed Potatoes Fruit Low Fat Milk	WG Bagel w/ Sunbutter Fresh Apple Low Fat Milk ----- WG French Toast Sticks 6 oz. LF Yogurt Potato Wedges Fruit Low Fat Milk	Breakfast Pizza Fresh Orange Segments Low Fat Milk ----- Crunchy Chicken Tacos Shredded Lettuce Black Beans Fruit Low Fat Milk	WG Cereal Fresh Pear Low Fat Milk ----- Cheese Pizza Seasoned Broccoli Fruit Low Fat Milk

April is National Plant a Garden Month. It can be a challenge to get your kids to eat enough fruits and vegetables, but gardening may help! Recent research has shown that when kids help grow fruits and vegetables, they are likely to eat more produce and to try various kinds, too. Gardening helps kids engage their curiosity, learn to be resourceful and gain self-confidence. It is also a wonderful way to get the entire family outside for fresh air and physical activity.

\*LF refers to Low Fat, WG Refers to Whole Grain Rich, HM refers to Homemade, PB refers to Peanut Butter, RS refers to Reduced Sugar.

**This institution is an equal opportunity provider.**