

Penn Trafford Center Menu for Jan 2019

Menus Subject to Change

HAPPY NEW YEAR! TUESDAY 1 & WEDNESDAY 2 – CENTER CLOSED			THURSDAY 3	FRIDAY 4
<p>Healthy Eating Styles that can be Maintained for a Lifetime:</p> <ol style="list-style-type: none"> 1. Make half your grains whole grain. Look for whole grains listed 1st or 2nd on the ingredient list. 2. Make half your plate fruits and vegetables: 3. Focus on Fruits. Choose whole fruits – fresh, frozen, dried, or canned in 100% juice. 4. Vary your veggies. Try fresh, frozen, or canned. 5. Move to low-fat or fat-free milk and yogurt. 6. Vary your protein routine. Include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. 			Egg & Cheese on WG Bagel Fresh Pear Low Fat Milk Crunchy Beef Tacos Seasoned Corn Fresh Orange Segments Low Fat Milk	WG Cereal Fresh Apple Low Fat Milk Cheese Pizza Seasoned Broccoli Mixed Fruit Low fat Milk
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
WG French Toast Sticks Diced Pears Low Fat Milk Popcorn Chicken WG Roll Seasoned Peas Pineapple Tidbits Low Fat Milk	Strawberry Parfait w/ WG Granola Low Fat Milk Breaded Chicken Drumstick WG Roll Mashed Potatoes Mixed Fruit Low Fat Milk	LF Yogurt & ½ WG Bagel Fresh Orange Segments Low Fat Milk Chicken Patty Sandwich Tater Tots Diced Pears Low Fat Milk	WG Cereal Fresh Apple Low Fat Milk Chicken Caesar Salad WG Roll Fresh Orange Segments Low Fat Milk	WG Mini Cin French Toast Unsweetened Applesauce Low Fat Milk Cheese Pizza Seasoned Broccoli Mixed Fruit Low Fat Milk
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
WG French Toast Sticks Diced Pears Low Fat Milk Meatball Sub Sliced Cherry Tomatoes Pineapple Tidbits Low Fat Milk	WG Waffles Unsweetened Applesauce Low Fat Milk Chicken Bowl WG Roll Mashed Potatoes Mixed Fruit Low Fat Milk	WG Bagel w/ Sunbutter Fresh Pear Low Fat Milk Ham & Cheese Sandwich Seasoned Broccoli Diced Pears Low Fat Milk	WG Cereal Fresh Apple Low Fat Milk Chicken & Cheese Nachos Black Beans Fresh Orange Segments Low Fat Milk	WG Mini Pancakes Unsweetened Applesauce Low Fat Milk Cheeseburger on Bun Cucumber Slices Mixed Fruit Low Fat Milk
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
NO CENTER	WG French Toast Sticks Fresh Pear Low Fat Milk Grilled Cheese Tomato Soup Seasoned Peas Mixed Fruit Low Fat Milk	LF Yogurt & ½ WG Bagel Fresh Orange Segments Low Fat Milk Chicken Patty Sandwich Green Beans Diced Pears Low Fat Milk	WG Cereal Fresh Apple Low Fat Milk Chicken Chef Salad WG Roll Fresh Orange Segments Low Fat Milk	WG Mini Cin French Toast Unsweetened Applesauce Low Fat Milk Cheese Pizza Seasoned Broccoli Mixed Fruit Low Fat Milk
MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1
WG French Toast Sticks Diced Pears Low Fat Milk Pizza Sticks w/ Marinara Sauce Baked Fries Pineapple Tidbits Low Fat Milk	WG Waffles Unsweetened Applesauce Low Fat Milk BBQ Chicken Wrap Crisp Celery Sticks Mixed Fruit Low Fat Milk	WG Bagel w/ Sunbutter Fresh Pear Low Fat Milk Cheese Pretzel Sticks Seasoned Peas Diced Pears Low Fat Milk	WG Cereal Fresh Apple Low Fat Milk Beef & Cheese Nachos Seasoned Corn Fresh Orange Segments Low Fat Milk	WG Mini Pancakes Unsweetened Applesauce Low Fat Milk Turkey & Cheese Sandwich Seasoned Broccoli Mixed Fruit Low Fat Milk

*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.