



Penn-Trafford High School Main Course

February 2018

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1
Ham BBQ Sandwich
Cheese Pizza Slice
Chicken Patty Sandwich

Peas & Carrots or Fries

2
Double Hot Dogs
Cheese Pizza Slice
Chicken Patty Sandwich

Green Beans or Fries

5
4 Chicken Tenders
Cheese Pizza Slice
Spicy Popcorn Chicken

Steamed Broccoli or Fries

6
Beef & Cheese Nachos
Cheese Pizza Slice
Spicy Popcorn Chicken

Seasoned Corn or Fries

7
5 Piece Boneless Wings
Cheese Pizza Slice
Spicy Popcorn Chicken

Celery Sticks or Fries

8
Warrior Chicken Bowl
Cheese Pizza Slice
Spicy Popcorn Chicken

Peas & Carrots or Fries

9
French Toast Sticks w/Sausage
Cheese Pizza Slice
Spicy Popcorn Chicken

Green Beans or Fries

12
3 Max Pizza Sticks w/Sauce
Cheese Pizza Slice
Popcorn Chicken

Steamed Broccoli or Fries

13
Pasta & Meat Sauce
Cheese Pizza Slice
Popcorn Chicken

Seasoned Corn or Fries

14
5 Piece Boneless Wings
Cheese Pizza Slice
Chicken Parmesan

Celery Sticks or Fries

15
Grilled Ham & Cheese
Cheese Pizza Slice
Popcorn Chicken

Peas & Carrots or Fries

16
Chicken Quesadilla
Cheese Pizza Slice
Popcorn Chicken

Green Beans or Fries

19
No School
(2nd Snow make-up day)

20
Hard Beef Tacos
Cheese Pizza Slice
FUEL: Thai Chicken Tenders

Seasoned Corn or Fries

21
5 Piece Boneless Wings
Cheese Pizza Slice
FUEL: Thai Chicken Tenders

Celery Sticks or Fries

22
Spicy Chicken Bowl
Cheese Pizza Slice
FUEL: Thai Chicken Tenders

Peas & Carrots or Fries

23
Ham Egg & Cheese on Bagel
Cheese Pizza Slice
FUEL: Thai Chicken Tenders

Green Beans or Fries

26
Ham & Cheese Pretzel Melt
Cheese Pizza Slice
6 Piece Nuggets

Steamed Broccoli or Fries

27
BBQ Pork Sliders w/Mac & Cheese
Cheese Pizza Slice
6 Piece Nuggets

Seasoned Corn or Fries

28
5 Piece Boneless Wings
Cheese Pizza Slice
6 Piece Nuggets

Celery Sticks or Fries

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Available included sides
Salad Bar Side Salad
Hand Fruit
Hot/Cold Veg option
Krinkle Fries

Main Course Meal - \$3.50
All main course meals include 1 side choice and a choice of bottled water or tea/lemonade

Main Course Meals are available to ALL free meal eligible students at No Cost
All other items are priced individually.