



Penn-Trafford Elementary

October 2019 Lunch Menu

30
Chicken Tenders w/ Roll
Grilled Cheese Sandwich
 Chicken Chef Salad w/ Croutons & Roll
 Seasoned Peas

1
Warrior Chicken Bowl w/ Roll
Hamburger or Cheeseburger
 BBQ Chicken Wrap
 Mashed Potatoes & Gravy

2
4 French Toast Sticks & Sausage
 Hash Brown Patty
Chicken Patty Sandwich
 Ham & Cheese Sandwich

3
Nacho Bar
Pizza Fun Lunch
 Turkey & Cheese Wrap
 Shredded Lettuce, Black Beans

4
Pizza Hut PREM (MC/HP)
Deep Dish Pizza PREM (TE/SE/LG)
 Hot Dog
 Beef Taco Salad w/ Chips
 Seasoned Broccoli

7
Popcorn Chicken w/Pretzel
Chicken Nuggets w/Roll
 Chicken Chef Salad w/ Croutons & Roll
 Seasoned Corn

8
Breaded Chicken Drumstick w/ Roll
Hamburger or Cheeseburger
 BBQ Chicken Wrap
 Baked Fries

9
Pasta w/Meatballs & Marinara Sauce w/Garlic Toast
Chicken Patty Sandwich
 Ham & Cheese Sandwich
 Seasoned Peas

10 Lucky Tray Day!
Walking Tacos
Pizza Fun Lunch
 Turkey & Cheese Wrap
 Shredded Lettuce, Black Beans

11
Pizza Hut PREM (TE/SE/LG)
Deep Dish Pizza PREM (MC/HP)
 Hot Dog
 Beef Taco Salad w/ Chips
 Seasoned Broccoli

14
Mini Corn Dogs w/Biscuit
Grilled Cheese Sandwich
 Chicken Chef Salad w/ Croutons & Roll
 Seasoned Peas

15
2 Chicken Tenders w/Mac & Cheese Side
Hamburger or Cheeseburger
 BBQ Chicken Wrap
 Seasoned Corn

16
2 Waffles & Sausage
 Hash Brown Patty
Chicken Patty Sandwich
 Ham & Cheese Sandwich

17
Crunchy Tacos
Pizza Fun Lunch
 Turkey & Cheese Wrap
 Shredded Lettuce, Black Beans

18
Pizza Hut PREM (MC/HP)
Deep Dish Pizza PREM (TE/SE/LG)
 Hot Dog
 Beef Taco Salad w/ Chips
 Seasoned Broccoli

21
Pizza Sticks w/Dipping Sauce
Chicken Nuggets w/Roll
 Chicken Chef Salad w/ Croutons & Roll
 Seasoned Green Beans

22
Ham BBQ Sandwich
Hamburger or Cheeseburger
 BBQ Chicken Wrap
 Seasoned Corn

23 Lucky Tray Day!
Pasta w/Chicken & Alfredo Sauce w/Garlic Toast
Chicken Patty Sandwich
 Ham & Cheese Sandwich
 Seasoned Peas

24
Nacho Bar
Pizza Fun Lunch
 Turkey & Cheese Wrap
 Shredded Lettuce, Black Beans

25
Pizza Hut PREM (TE/SE/LG)
Deep Dish Pizza PREM (MC/HP)
 Hot Dog
 Beef Taco Salad w/ Chips
 Seasoned Broccoli

28
Chicken & Cheese Quesadilla
Grilled Cheese Sandwich
 Chicken Chef Salad w/ Croutons & Roll
 Seasoned Corn

29
Warrior Chicken Bowl w/ Roll
Hamburger or Cheeseburger
 BBQ Chicken Wrap
 Mashed Potatoes & Gravy

30
2 Pancakes & Omelet
 Hash Brown Patty
Chicken Patty Sandwich
 Ham & Cheese Sandwich

31

Walking Tacos
Pizza Fun Lunch
 Turkey & Cheese Wrap
 Shredded Lettuce, Black Beans

1
Pizza Hut PREM (MC/HP)
Deep Dish Pizza PREM (TE/SE/LG)
 Hot Dog
 Beef Taco Salad w/ Chips
 Seasoned Broccoli

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: \$2.25 **Reduced Price:** \$0.40
Pizza Premium Price: \$2.60 **Free to those who qualify**

Offered Daily: Apples, Oranges, & Pears; Cucumber Slices
Mondays: Cherry Tomatoes, Applesauce
Tuesdays: Celery Sticks, Diced Peaches
Wednesdays: Baby Carrots, Diced Pears
Thursdays: Fresh Broccoli, Grapes
Fridays: Fresh Cauliflower, Mixed Fruit
Questions? Contact us at pthsafe@penntrafford.org



Penn-Trafford Elementary

October 2019 Breakfast Menu

30

4 French Toast Sticks

Banana Chocolate Chip Benefit Bar

Cinnamon Toast Crunch

1

Apple Frudel

Mini Cinni's

Cinnamon Toast Crunch

2

Cinnamon Sugar Donut Holes

Mini Strawberry Bagels

Cinnamon Toast Crunch

3

Breakfast Pizza

Oatmeal Chocolate Chip Benefit Bar

Cinnamon Toast Crunch

4

Cinnamon Roll

Apple Nutri-Grain Bar

Cinnamon Toast Crunch

7

Soft-Filled Cinn. Toast Crunch Bar

Banana Chocolate Chip Benefit Bar

Lucky Charms

8

Strawberry Parfait

Mini Cinni's

Lucky Charms

9

Donut Kabobs

Mini Strawberry Bagels

Lucky Charms

10

Cherry Frudel

Oatmeal Chocolate Chip Benefit Bar

Lucky Charms

11

Bacon & Egg Bagel Sandwich

Apple Nutri-Grain Bar

Lucky Charms

14

4 French Toast Sticks

Banana Chocolate Chip Benefit Bar

Cocoa Puffs

15

Apple Frudel

Mini Cinni's

Cocoa Puffs

16

Cinnamon Sugar Donut Holes

Mini Strawberry Bagels

Cocoa Puffs

17

Breakfast Pizza

Oatmeal Chocolate Chip Benefit Bar

Cocoa Puffs

18

Cinnamon Roll

Apple Nutri-Grain Bar

Cocoa Puffs

21

Soft-Filled Cocoa Puff Bar

Banana Chocolate Chip Benefit Bar

Frosted Flakes

22

Blueberry Parfait

Mini Cinni's

Frosted Flakes

23

Donut Kabobs

Mini Strawberry Bagels

Frosted Flakes

24

Cherry Frudel

Oatmeal Chocolate Chip Benefit Bar

Frosted Flakes

25

Sausage & Egg Bagel Sandwich

Apple Nutri-Grain Bar

Frosted Flakes

28

Maple Mini Pancakes

Banana Chocolate Chip Benefit Bar

Cocoa Puffs

29

Apple Frudel

Mini Cinni's

Cocoa Puffs

30

Cinnamon Sugar Donut Holes

Mini Strawberry Bagels

Cocoa Puffs

31

Breakfast Pizza

Oatmeal Chocolate Chip Benefit Bar

Cocoa Puffs

1

Cinnamon Roll

Apple Nutri-Grain Bar

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 or 724-744-2664