



# Penn-Trafford Elementary

## January 2020 Breakfast Menu

<p>30</p> <p><u>Holiday</u></p> <p><u>No School</u></p>	<p>31</p> <p><u>Holiday</u></p> <p><u>No School</u></p>	<p>1</p> 	<p>2</p> <p>Breakfast Pizza</p> <p><i>Oatmeal Chocolate Chip Benefit Bar</i></p> <p>Cocoa Puffs</p>	<p>3</p> <p>Vanilla Glazed Cinnamon Roll</p> <p><i>Apple Nutri-Grain Bar</i></p> <p>Cocoa Puffs</p>
<p>6</p> <p>Colby Omelet w/Sausage Patty</p> <p><i>Banana Chocolate Chip Benefit Bar</i></p> <p>Cinnamon Toast Crunch</p>	<p>7</p> <p>Apple Frudel</p> <p><i>Toasted Bagel w/String Cheese</i></p> <p>Cinnamon Toast Crunch</p>	<p>8</p> <p>Glazed Donut</p> <p><i>Trix Yogurt w/Cinnamania Graham Crackers</i></p> <p>Cinnamon Toast Crunch</p>	<p>9</p> <p>Breakfast Pizza</p> <p><i>Oatmeal Chocolate Chip Benefit Bar</i></p> <p>Cinnamon Toast Crunch</p>	<p>10</p> <p>Ham &amp; Egg on Toasted English Muffin</p> <p><i>Apple Nutri-Grain Bar</i></p> <p>Cinnamon Toast Crunch</p>
<p>13</p> <p>Pancakes w/Sausage Patty &amp; Syrup</p> <p><i>Banana Chocolate Chip Benefit Bar</i></p> <p>Frosted Flakes</p>	<p>14</p> <p>Strawberry Parfait</p> <p><i>Toasted Bagel w/String Cheese</i></p> <p>Frosted Flakes</p>	<p>15</p> <p>Donut Holes</p> <p><i>Trix Yogurt w/Cinnamania Graham Crackers</i></p> <p>Frosted Flakes</p>	<p>16</p> <p>Breakfast Pizza</p> <p><i>Oatmeal Chocolate Chip Benefit Bar</i></p> <p>Frosted Flakes</p>	<p>17</p> <p>Sausage &amp; Egg Breakfast Sandwich</p> <p><i>Apple Nutri-Grain Bar</i></p> <p>Frosted Flakes</p>
<p>20</p> <p><u>Act 80 In-Service</u></p> <p><u>No School</u></p>	<p>21</p> <p>Cinni-Minis</p> <p><i>Toasted Bagel w/String Cheese</i></p> <p>Lucky Charms</p>	<p>22</p> <p>Sugared Donut</p> <p><i>Trix Yogurt w/Cinnamania Graham Crackers</i></p> <p>Lucky Charms</p>	<p>23</p> <p>Breakfast Pizza</p> <p><i>Oatmeal Chocolate Chip Benefit Bar</i></p> <p>Lucky Charms</p>	<p>24</p> <p>Ham &amp; Egg Breakfast Sandwich</p> <p><i>Apple Nutri-Grain Bar</i></p> <p>Lucky Charms</p>
<p>27</p> <p>Mini Berry Burst French Toast</p> <p><i>Banana Chocolate Chip Benefit Bar</i></p> <p>Golden Grahams</p>	<p>28</p> <p>Cinnamon Toast Crunch Filled Pastry</p> <p><i>Toasted Bagel w/String Cheese</i></p> <p>Golden Grahams</p>	<p>29</p> <p>Cinnamon Roll</p> <p><i>Trix Yogurt w/Cinnamania Graham Crackers</i></p> <p>Golden Grahams</p>	<p>30</p> <p>Breakfast Pizza</p> <p><i>Oatmeal Chocolate Chip Benefit Bar</i></p> <p>Golden Grahams</p>	<p>31</p> <p>Sausage &amp; Egg Bagel Sandwich</p> <p><i>Apple Nutri-Grain Bar</i></p> <p>Golden Grahams</p>

### 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, Cheerios  
**Juice:** Apple, Grape, & Orange  
**Fruits:** Apples, Oranges, Bananas & Pears

**Questions?** Contact us at  
[pthscfe@penntrafford.org](mailto:pthscfe@penntrafford.org) or 724-744-2664





# Penn-Trafford Elementary

## January 2020 Lunch Menu

30  
**Holiday**  
  
**No**  
**School**

31  
**Holiday**  
  
**No**  
**School**



2  
**Bacon Cheeseburger**  
2 Max Cheese Sticks  
w/Dipping Sauce  
Turkey & Cheese Wrap  
BBQ Baked Beans

3  
**Deep Dish Pizza**  
**PREM**  
(SR/LG/TE/MC/HP)  
Hot Dog  
Beef Taco Salad w/ Chips  
Seasoned Broccoli

6  
**Grilled Cheese**  
w/Tomato Soup  
**Chicken Nuggets**  
w/Soft Pretzel   
Egg Chef Salad  
w/Croutons & S. Pretzel  
Seasoned Peas

7  
**Warrior Chicken**  
Bowl w/Roll  
Hamburger or Cheeseburger  
Buffalo Chicken Wrap  
Mashed Potatoes  
& Gravy

8  
**LUCKY TRAYS**  
**"McWarrior" Burger**  
(Double Cheese Burger  
w/Lettuce & Thousand Island)  
Chicken Patty Sandwich  
Ham & Cheese  
Sandwich   
BBQ Baked Beans

9  
**Nacho Bar**  
Pizza Fun Lunch  
Turkey & Cheese  
Wrap  
Seasoned Corn

10  
**Pizza Hut PREM**  
(HP/MC)  
**Deep Dish Pizza**  
**PREM (SE/LG/TE)**   
Cheese Quesadilla  
Beef Taco Salad w/ Chips  
Seasoned Broccoli

13  
**BBQ Riblet Sub**  
Chicken Nuggets  
w/Soft Pretzel  
Egg Chef Salad  
w/Croutons & S. Pretzel  
Tater Tots

14  
**Spicy Popcorn**  
Chicken w/Ranch &  
Bread Slice  
Hamburger or Cheeseburger  
Crispy Chicken Wrap  
Seasoned Green Beans

15  
**Pasta, Meatballs**  
& Marinara Sauce  
w/Roll  
Chicken Patty Sandwich  
Ham & Cheese  
Sandwich  
Seasoned Peas

16  
**Walking Tacos**  
Pizza Fun Lunch  
Turkey & Cheese  
Wrap  
Seasoned Corn

17  
**Pizza Hut PREM**  
(SE/LG/TE)  
**Deep Dish Pizza**  
**PREM (HP/MC)**  
Cheese Quesadilla  
Beef Taco Salad w/ Chips  
Seasoned Broccoli

20  
**Act 80**  
**In-Service**  
  
**No School**

21 **ACE GIVEAWAYS**  
**Chicken Tenders**  
w/Biscuit  
Hamburger or Cheeseburger  
Buffalo Chicken Wrap  
Mashed Potatoes &  
Gravy

22  
**Mini Corn Dog**  
**Nuggets**  
Chicken Patty Sandwich  
Ham & Cheese  
Sandwich  
BBQ Baked Beans

23  
**Hard Beef Tacos**  
Pizza Fun Lunch  
Turkey & Cheese  
Wrap  
Seasoned Corn

24  
**Pizza Hut PREM**  
(HP/MC)  
**Deep Dish Pizza**  
**PREM (SE/LG/TE)**  
Cheese Quesadilla  
Beef Taco Salad w/ Chips  
Seasoned Broccoli

27  
**Hot Dog w/Side of**  
**Mac & Cheese**  
Chicken Nuggets  
w/Soft Pretzel  
Egg Chef Salad  
w/Croutons & S. Pretzel  
Seasoned Peas

28  
**Warrior Chicken**  
Bowl w/Roll  
Hamburger or Cheeseburger  
BBQ Chicken Wrap  
Mashed Potatoes &  
Gravy

29  
**French Toast Sticks**  
w/Sausage Patties  
Chicken Patty Sandwich  
Ham & Cheese  
Sandwich  
Hash Brown Patty

30  
**Walking Tacos**  
Pizza Fun Lunch  
Turkey & Cheese  
Wrap  
Seasoned Corn

31  
**Pizza Hut PREM**  
(SE/LG/TE)  
**Deep Dish Pizza**  
**PREM (HP/MC)**  
Cheese Quesadilla  
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  
**Mondays:** Cherry Tomatoes, Applesauce  
**Tuesdays:** Celery Sticks, Diced Peaches  
**Wednesdays:** Baby Carrots, Diced Pears  
**Thursdays:** Fresh Broccoli, Specialty Fruit  
**Fridays:** Cucumber Slices, Mixed Fruit  
**Questions?** Contact us at [pthsafe@penntrafford.org](mailto:pthsafe@penntrafford.org)

This Institution is an equal opportunity provider.

**Weekly FUEL Feature Jan 6-10**  
**Bruschetta Topped Big Daddy Pizza**

