



Penn-Trafford Elementary

November 2019 Breakfast Menu

<p>4</p> <p>4 French Toast Sticks</p> <p>Banana Chocolate Chip Benefit Bar</p> <p>Cinnamon Toast Crunch</p>	<p>5</p> <p>Apple Frudel</p> <p>Mini Cinni's</p> <p>Cinnamon Toast Crunch</p>	<p>6</p> <p>Cinnamon Sugar Donut Holes</p> <p>Mini Strawberry Bagels</p> <p>Cinnamon Toast Crunch</p>	<p>7</p> <p>Breakfast Pizza</p> <p>Oatmeal Chocolate Chip Benefit Bar</p> <p>Cinnamon Toast Crunch</p>	<p>8</p> <p>Chocolate Glazed Cinnamon Roll</p> <p>Apple Nutri-Grain Bar</p> <p>Cinnamon Toast Crunch</p>
<p>11</p> <p><u>No School</u></p>	<p>12</p> <p>Strawberry Parfait</p> <p>Mini Cinni's</p> <p>Lucky Charms</p>	<p>13</p> <p>Cherry Frudel</p> <p>Trix Yogurt w/Cinnamania Graham Crackers</p> <p>Lucky Charms</p>	<p>14</p> <p>Lucky Charms Glazed Donut</p> <p>Oatmeal Chocolate Chip Benefit Bar</p> <p>Lucky Charms</p>	<p>15</p> <p>Bacon & Egg Bagel Sandwich</p> <p>Apple Nutri-Grain Bar</p> <p>Lucky Charms</p>
<p>18</p> <p>Sausage Wrapped Pancake</p> <p>Banana Chocolate Chip Benefit Bar</p> <p>Cocoa Puffs</p>	<p>19</p> <p>Apple Frudel</p> <p>Mini Cinni's</p> <p>Cocoa Puffs</p>	<p>20</p> <p>Cinnamon Spice Donut Holes</p> <p>Trix Yogurt w/Cinnamania Graham Crackers</p> <p>Cocoa Puffs</p>	<p>21</p> <p>Breakfast Pizza</p> <p>Oatmeal Chocolate Chip Benefit Bar</p> <p>Cocoa Puffs</p>	<p>22</p> <p>Pumpkin Spice Glazed Cinnamon Roll</p> <p>Apple Nutri-Grain Bar</p> <p>Cocoa Puffs</p>
<p>25</p> <p>Soft-Filled Cocoa Puff Bar</p> <p>Banana Chocolate Chip Benefit Bar</p> <p>Frosted Flakes</p>	<p>26</p> <p>Peach Parfait</p> <p>Mini Cinni's</p> <p>Frosted Flakes</p>	<p>27</p> <p>Frosted Flakes Topped Donut</p> <p>Mini Strawberry Bagels</p> <p>Frosted Flakes</p>	<p>28</p> <p>Thanksgiving</p> <p><u>No School</u></p>	<p>29</p> <p><u>Holiday</u></p> <p><u>No School</u></p>
<p>2</p> <p><u>Holiday</u></p> <p><u>No School</u></p>	<p>3</p> <p>Apple Frudel</p> <p>Mini Cinni's</p> <p>Cocoa Puffs</p>	<p>4</p> <p>Sugared Donut Holes</p> <p>Trix Yogurt w/Cinnamania Graham Crackers</p> <p>Cocoa Puffs</p>	<p>5</p> <p>Breakfast Pizza</p> <p>Oatmeal Chocolate Chip Benefit Bar</p> <p>Cocoa Puffs</p>	<p>6</p> <p>Vanilla Glazed Cinnamon Roll</p> <p>Apple Nutri-Grain Bar</p> <p>Cocoa Puffs</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
Fruits: Fruit Punch, Apple, or Orange Juice, Apples, Oranges, & Pears
Questions? Contact us at pthscaf@penntrafford.org or 724-744-2664



Penn-Trafford Elementary

November 2019 Lunch Menu

<p>4 Chicken Tenders w/ Roll Grilled Cheese Sandwich Chicken Chef Salad w/ Croutons & Roll Seasoned Peas</p>	<p>5 Warrior Chicken Bowl w/Roll Hamburger or Cheeseburger BBQ Chicken Wrap Mashed Potatoes & Gravy</p>	<p>6 4 French Toast Sticks & Sausage Hash Brown Patty Chicken Patty Sandwich Ham & Cheese Sandwich</p>	<p>7 Nacho Bar Pizza Fun Lunch Turkey & Cheese Wrap Shredded Lettuce, Black Beans</p>	<p>8 Pizza Hut PREM (TE/SE/LG) Deep Dish Pizza PREM (MC/HP) Hot Dog Beef Taco Salad w/ Chips Seasoned Broccoli</p>
<p>11 No School</p>	<p>12 Breaded Chicken Drumstick w/ Roll Hamburger or Cheeseburger BBQ Chicken Wrap Baked Fries</p>	<p>13 SR/LG Holiday Meal Roast Turkey, Mashed Potatoes, Stuffing, Gravy, Seasoned Corn HP/MC/TE Chicken Nuggets Spicy Chicken Patty Ham & Cheese Sandwich Seasoned Corn</p>	<p>14 Lucky Tray Day! Walking Tacos Pizza Fun Lunch Turkey & Cheese Wrap Shredded Lettuce, Black Beans</p>	<p>15 Pizza Hut PREM (MC/HP) Deep Dish Pizza PREM (TE/SE/LG) Hot Dog Beef Taco Salad w/ Chips Seasoned Broccoli</p>
<p>18 Mini Corn Dogs w/Biscuit Grilled Cheese Sandwich Chicken Chef Salad w/ Croutons & Roll Seasoned Peas</p>	<p>19 HP/MC Holiday Meal Roast Turkey, Mashed Potatoes, Stuffing, Gravy, Seasoned Corn SR/LG/TE Chicken Nuggets Cheeseburger BBQ Chicken Wrap Seasoned Corn</p>	<p>20 Trafford Holiday Meal Roast Turkey, Mashed Potatoes, Stuffing, Gravy, Seasoned Corn SR/LG/HP/MC 2 Waffles & Sausage w/Hash Brown Patty Chicken Patty Sandwich Ham & Cheese Sandwich</p>	<p>21 Crunchy Tacos Pizza Fun Lunch Turkey & Cheese Wrap Shredded Lettuce, Black Beans</p>	<p>22 Pizza Hut PREM (TE/SE/LG) Deep Dish Pizza PREM (MC/HP) Hot Dog Beef Taco Salad w/ Chips Seasoned Broccoli</p>
<p>25 Pizza Sticks w/Dipping Sauce Chicken Nuggets w/Roll Chicken Chef Salad w/Croutons & Roll Seasoned Green Beans</p>	<p>26 Ace Day! Warrior Chicken Bowl w/Roll Hamburger or Cheeseburger BBQ Chicken Wrap Seasoned Corn</p>	<p>27 Pasta w/Chicken & Alfredo Sauce w/Roll Chicken Patty Sandwich Ham & Cheese Sandwich Seasoned Peas</p>	<p>28 Thanksgiving  No School</p>	<p>29 Holiday No School</p>
<p>2 Holiday No School</p>	<p>3 Popcorn Chicken w/Pretzel & Honey Mustard Hamburger or Cheeseburger BBQ Chicken Wrap Baked Fries</p>	<p>4 2 Pancakes & Omelet Hash Brown Patty Chicken Patty Sandwich Ham & Cheese Sandwich</p>	<p>5 Walking Tacos Pizza Fun Lunch Turkey & Cheese Wrap Shredded Lettuce, Black Beans</p>	<p>6 Pizza Hut PREM (MC/HP) Deep Dish Pizza PREM (TE/SE/LG) Hot Dog Beef Taco Salad w/ Chips Seasoned Broccoli</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: \$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

This institution is an equal opportunity provider.



Weekly FUEL Feature Nov 11-15
Chicken & Waffle Sandwich w/Cranberry Slaw Topping

