

1	2	3	4
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31
1	2	3	4

21

side items

22

side items

23

side items

24
Cinnamon Poptart
Assorted Cereal

side items
Diced Peaches/Fresh Fruit/Orange
Juice
Milk Selection

25
Trix Yogurt w/Scooby
Bones Grahams
Assorted Cereal

side items
Diced Peaches/Fresh Fruit/Apple
Juice
Milk Selection

28
Tony's Breakfast
Pizza

side items
Diced Peas/Fresh Fruit/Apple Juice
Milk Selection

29
Cheddar Cheese
Omelet

side items
Diced Peas/Fresh Fruit/Orange
Juice
Milk Selection

30
Mini Pancakes in a
Bag


side items
Diced Peas/Fresh Fruit/Grape Juice
Milk Selection

31
Pancake & Sausage
on a Stick

side items
Diced Peas/Fresh Fruit/Orange
Juice
Milk Selection

1
Egg & Cheese on WG
Bun

side items
Diced Peas/Fresh Fruit/Apple Juice
Milk Selection



Breakfast \$1.30
All items meet USDA/NSLP regulations
Direct questions to the Food Service
Office

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

Choose 1 Item w/any Fruit to make a Meal



ADDITIONALLY SERVED
Yogurt, WG Poptarts, WG Superbuns, WG Muffins, Benefit Bars & Assorted Cereals



WG = Whole Grain
Full Breakfasts Include
Entree+Fruit+Milk

MEALS INCLUDE MILK
1%, Chocolate, Vanilla,
Skim, or Lactaid



Penn Trafford Elementary Lunch

August 2017

31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24 Chicken Nuggets w/WG Roll Hamburger on WG Bun	25 Cheese Pizza Slice Chicken Patty Sandwich
28 Ham & Cheese Pretzel Melt Chicken Nuggets w/WG Roll Turkey & Cheese on WG Bun	29 Beef & Cheese Nachos Hot Dog on WG Bun Turkey & Cheese on WG Bun	30 Bacon Cheeseburger on WG Bun Popcorn Chicken w/WG Roll Turkey & Cheese on WG Bun	31 Pork BBQ on WG Bun Chicken Patty/Spicy Chicken Patty Turkey & Cheese on WG Bun	1 Cheese Pizza Slice Hamburger on WG Bun Turkey & Cheese on WG Bun
side items Baked Fries/Fresh Broccoli Fruit Mix/Apple Juice	side items Green Beans/Celery Sticks/Side Salad Diced Peaches/Fresh Pear	side items Steamed Carrots/Cucumber Slices Diced Pears/Fresh Apple	side items Baked Beans/Baby Carrots/Side Salad Applesauce/Fresh Orange	side items Steamed Broccoli/Grape Tomatoes Diced Peaches/Grape Juice



Lunch - \$2.20
Premium Pizza Hut Lunch - \$2.55
Direct any questions regarding the program to the Food Service Office.

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

Lunch Meal Information



Daily Substitutions

Lactaid, Bottled Water, Sunbutter & Jelly on WG Bun, & Gluten Free(GF) entrees are all available by request. Please contact the Food Service Office w/any questions.



MAKE IT A MEAL

Entree + 1 Fruit and/or 1 Vegetable + Milk



MEALS INCLUDE MILK

1%, Chocolate, Skim Milk, Lactaid