

<p>4 LABOR DAY (NO SCHOOL)</p> <p><i>side items</i></p>	<p>5 Cheddar Cheese Omelet w/2 Bacon Strips Chocolate Muffin</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Orange Juice Milk Selection</p>	<p>6 Pancakes w/Syrup Blueberry Chip Benefit Bar</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Grape Juice Milk Selection</p>	<p>7 Pancake & Sausage on a Stick WG SuperBun</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Orange Juice Milk Selection</p>	<p>8 Sausage & Cheese on WG Bagel Cinna-mini's</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Apple Juice Milk Selection</p>
<p>11 Tony's Breakfast Pizza Strawberry Poptart</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Apple Juice Milk Selection</p>	<p>12 Scrambled Eggs Blueberry Muffin</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Orange Juice Milk Selection</p>	<p>13 Mini Pancakes in a Bag Cheerios Cereal Bar</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Grape Juice Milk Selection</p>	<p>14 Pancake & Sausage on a Stick Donut Holes</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Orange Juice Milk Selection</p>	<p>15 Egg & Cheese on WG Bun Cream-Cheese Stuffed Bagel</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Apple Juice Milk Selection</p>
<p>18 Tony's Breakfast Pizza Cinnamon Poptart</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Apple Juice Milk Selection</p>	<p>19 SAMPLE DAY SAMPLE: Bacon, Egg & Cheese Bosco Stick Chocolate Muffin</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Orange Juice Milk Selection</p>	<p>20 Pancakes w/Syrup Blueberry Chip Benefit Bar</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Grape Juice Milk Selection</p>	<p>21 Pancake & Sausage on a Stick WG SuperBun</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Orange Juice Milk Selection</p>	<p>22 Sausage & Cheese on WG Bagel Cinna-mini's</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Apple Juice Milk Selection</p>
<p>25 Tony's Breakfast Pizza Strawberry Poptart</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Apple Juice Milk Selection</p>	<p>26 Egg & Cheese Stuffed Bosco Stick Blueberry Muffin</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Orange Juice Milk Selection</p>	<p>27 Mini Pancakes in a Bag Cheerios Cereal Bar</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Grape Juice Milk Selection</p>	<p>28 !!!DONUT DAY!!! Warm Cinnamon Sugar WG Donut</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Orange Juice Milk Selection</p>	<p>29 Egg & Cheese on WG Bun Cream-Cheese Stuffed Bagels</p> <p><i>side items</i> Diced Peaches/Fresh Fruit/Apple Juice Milk Selection</p>



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.

This institution is an equal opportunity provider.

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


September 2017

<p>4 LABOR DAY (NO SCHOOL)</p> <p><i>side items</i></p>	<p>5 Hot Ham & Cheese on WG Bun Hot Dog on WG Bun Egg Chef Salad</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Green Beans/Celery Sticks/Side Salad Diced Peaches/Fresh Pear 	<p>6 Sweet & Sour Popcorn Chicken Seasoned Rice Chicken Patty/Spicy Chicken Patty Egg Chef Salad</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Steamed Carrots/Cucumber Slices Diced Pears/Fresh Apple 	<p>7 4 Fish Sticks w/WG Roll Popcorn Chicken w/WG Roll Egg Chef Salad</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Baked Beans/Baby Carrots/Side Salad Applesauce/Fresh Orange 	<p>1 Cheese Pizza Slice Hamburger on WG Bun Turkey & Cheese on WG Bun</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Steamed Broccoli/Grape Tomatoes Diced Peaches/Grape Juice
<p>11 Salisbury Steak w/Gravy Parsley Buttered Noodles Chicken Nuggets w/WG Roll Ham & Cheese on WG Bun</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Fresh Broccoli Fruit Mix/Apple Juice 	<p>12 SAMPLE MOZZ STICK Warrior Chicken Bowl Mashed Potatoes & Gravy Hot Dog on WG Bun Ham & Cheese on WG Bun</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Green Beans/Celery Sticks/Side Salad Diced Peaches/Fresh Pear 	<p>13 2 Piece Chicken Tenders Mac & Cheese w/Breadstick Hamburger on WG Bun Ham & Cheese on WG Bun</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Steamed Carrots/Cucumber Slices Diced Pears/Fresh Apple 	<p>14 Open Faced Hot Turkey Stuffing Chicken Patty/Spicy Chicken Patty Ham & Cheese on WG Bun</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Peas/Baby Carrots/Side Salad Applesauce/Fresh Orange 	<p>15 Pizza Hut LG/SR/TE Cheese Pizza Slice HP/MC Hamburger on WG Bun Ham & Cheese on WG Bun</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Steamed Broccoli/Grape Tomatoes Diced Peaches/Grape Juice
<p>18 Pancakes w/Chicken Sausage Chicken Nuggets w/WG Roll Ham Chef Salad</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Baked Fries/Fresh Broccoli Fruit Mix/Apple Juice 	<p>19 4 Mozzarella Sticks w/Pizza Sauce Hot Dog on WG Bun Ham Chef Salad</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Green Beans/Celery Sticks/Side Salad Diced Peaches/Fresh Pear 	<p>20 Breaded Chicken Leg w/WG Roll Hamburger on WG Bun Ham Chef Salad</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Steamed Carrots/Cucumber Slices Diced Pears/Fresh Apple 	<p>21 2 Beef Tacos w/Mexican Rice Chicken Patty/Spicy Chicken Patty Ham Chef Salad</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Baby Carrots/Side Salad Applesauce/Fresh Orange 	<p>22 Pizza Hut HP/MC Cheese Pizza Slice SR/LG/TE Hamburger on WG Bun Ham Chef Salad</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Steamed Broccoli/Grape Tomatoes Diced Peaches/Grape Juice
<p>25 Meatball Hoagie on WG Bun Chicken Nuggets w/WG Roll Pizza Fun Lunch</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Baked Fries/Fresh Broccoli Fruit Mix/Apple Juice 	<p>26 Lucky Tray Day BBQ Riblet on WG Bun Hot Dog on WG Bun Pizza Fun Lunch</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Green Beans/Celery Sticks/Side Salad Diced Peaches/Fresh Pear 	<p>27 General Tso Popcorn Chicken Seasoned Rice Hamburger on WG Bun Pizza Fun Lunch</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Steamed Carrots/Cucumber Slices Diced Pears/Fresh Apple 	<p>28 Sloppy Joe on WG Bun Chicken Patty/Spicy Chicken Patty Pizza Fun Lunch</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Baked Beans/Baby Carrots/Side Salad Applesauce/Fresh Orange 	<p>29 Pizza Hut LG/SR/TE Cheese Pizza Slice HP/MC Hamburger on WG Bun Pizza Fun Lunch</p> <p><i>side items</i></p> <ul style="list-style-type: none"> Steamed Broccoli/Grape Tomatoes Diced Peaches/Grape Juice




Lunch - \$2.20
Premium Pizza Hut Lunch - \$2.55
Lucky Tray Day - Buy a meal at lunch & have a chance to win a prize!

 Local ingredients are always used when in season


 Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

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, Vanilla, Skim Milk, Lactaid

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