



Penn Trafford Elementary Breakfast

October 2017

2
Tony's Breakfast Pizza
 Strawberry Poptart

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

3
Cheesy Scrambled Eggs
 Blueberry Muffin

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

4
Mini Pancakes in a Bag
 Cheerios Cereal Bar

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

5
Pancake & Sausage on a Stick
 Donut Holes

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

6
Egg & Cheese on WG Bun
 Cream-Cheese Stuffed Bagel

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

9
Columbus Day (In-Service Day)

side items

10
Cheddar Cheese Omelet
 Chocolate Muffin

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

11
Pancakes w/Syrup
 Blueberry Chip Benefit Bar

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

12
!!!DONUT DAY!!!
 Warm Cinnamon Sugar WG Donut

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

13
Sausage & Cheese on WG Bagel
 Cinna-mini's

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

16
Tony's Breakfast Pizza
 Strawberry Poptart

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

17
Egg & Cheese Stuffed Bosco Stick
 Blueberry Muffin

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

18
Mini Pancakes in a Bag
 Cheerios Cereal Bar

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

19
French Toast w/Chicken Sausage
 Donut Holes

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

20
Egg & Cheese on WG Bun
 Cream-Cheese Stuffed Bagel

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

23
Tony's Breakfast Pizza
 Cinnamon Poptart

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

24
Cheddar Cheese Omelet
 Chocolate Muffin

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

25
Pancakes w/Syrup
 Blueberry Chip Benefit Bar

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

26
Pancake & Sausage on a Stick
 Donut Holes

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

27
Sausage & Cheese on WG Bagel
 Cinna-mini's

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

30
Tony's Breakfast Pizza
 Strawberry Poptart

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

31 **Halloween**
Pumpkin Spiced Donut Holes!
 Blueberry Muffin

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



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

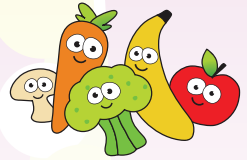
Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

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

