



Penn-Trafford Elementary

October 2019 Lunch Menu

30
Chicken Tenders w/ Roll
Grilled Cheese Sandwich
 Chicken Chef Salad w/ Croutons & Roll
 Seasoned Peas

1
Warrior Chicken Bowl w/ Roll
Hamburger or Cheeseburger
 BBQ Chicken Wrap
 Mashed Potatoes & Gravy

2
4 French Toast Sticks & Sausage
 Hash Brown Patty
Chicken Patty Sandwich
 Ham & Cheese Sandwich

3
Nacho Bar
Pizza Fun Lunch
 Turkey & Cheese Wrap
 Shredded Lettuce, Black Beans

4
Pizza Hut PREM (MC/HP)
Deep Dish Pizza PREM (TE/SE/LG)
Hot Dog
 Beef Taco Salad w/ Chips
 Seasoned Broccoli

7
Popcorn Chicken w/Pretzel
Chicken Nuggets w/Roll
 Chicken Chef Salad w/ Croutons & Roll
 Seasoned Corn

8
Breaded Chicken Drumstick w/ Roll
Hamburger or Cheeseburger
 BBQ Chicken Wrap
 Baked Fries

9
Pasta w/Meatballs & Marinara Sauce w/Garlic Toast
Chicken Patty Sandwich
 Ham & Cheese Sandwich
 Seasoned Peas

10 Lucky Tray Day!
Walking Tacos
Pizza Fun Lunch
 Turkey & Cheese Wrap
 Shredded Lettuce, Black Beans

11
Pizza Hut PREM (TE/SE/LG)
Deep Dish Pizza PREM (MC/HP)
Hot Dog
 Beef Taco Salad w/ Chips
 Seasoned Broccoli

14
Mini Corn Dogs w/Biscuit
Grilled Cheese Sandwich
 Chicken Chef Salad w/ Croutons & Roll
 Seasoned Peas

15
2 Chicken Tenders w/Mac & Cheese Side
Hamburger or Cheeseburger
 BBQ Chicken Wrap
 Seasoned Corn

16
2 Waffles & Sausage
 Hash Brown Patty
Chicken Patty Sandwich
 Ham & Cheese Sandwich

17
Crunchy Tacos
Pizza Fun Lunch
 Turkey & Cheese Wrap
 Shredded Lettuce, Black Beans

18
Pizza Hut PREM (MC/HP)
Deep Dish Pizza PREM (TE/SE/LG)
Hot Dog
 Beef Taco Salad w/ Chips
 Seasoned Broccoli

21
Pizza Sticks w/Dipping Sauce
Chicken Nuggets w/Roll
 Chicken Chef Salad w/ Croutons & Roll
 Seasoned Green Beans

22
Ham BBQ Sandwich
Hamburger or Cheeseburger
 BBQ Chicken Wrap
 Seasoned Corn

23 Lucky Tray Day!
Pasta w/Chicken & Alfredo Sauce w/Garlic Toast
Chicken Patty Sandwich
 Ham & Cheese Sandwich
 Seasoned Peas

24
Nacho Bar
Pizza Fun Lunch
 Turkey & Cheese Wrap
 Shredded Lettuce, Black Beans

25
Pizza Hut PREM (TE/SE/LG)
Deep Dish Pizza PREM (MC/HP)
Hot Dog
 Beef Taco Salad w/ Chips
 Seasoned Broccoli

28
Chicken & Cheese Quesadilla
Grilled Cheese Sandwich
 Chicken Chef Salad w/ Croutons & Roll
 Seasoned Corn

29
Warrior Chicken Bowl w/ Roll
Hamburger or Cheeseburger
 BBQ Chicken Wrap
 Mashed Potatoes & Gravy

30
2 Pancakes & Omelet
 Hash Brown Patty
Chicken Patty Sandwich
 Ham & Cheese Sandwich

31 
Walking Tacos
Pizza Fun Lunch
 Turkey & Cheese Wrap
 Shredded Lettuce, Black Beans

1
Pizza Hut PREM (MC/HP)
Deep Dish Pizza PREM (TE/SE/LG)
Hot Dog
 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; 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