



Penn-Trafford Elementary

October 2019 Breakfast Menu

<p>30</p> <p>4 French Toast Sticks</p> <p><i>Banana Chocolate Chip Benefit Bar</i></p> <p>Cinnamon Toast Crunch</p>	<p>1</p> <p>Apple Frudel</p> <p><i>Mini Cinni's</i></p> <p>Cinnamon Toast Crunch</p>	<p>2</p> <p>Cinnamon Sugar Donut Holes</p> <p><i>Mini Strawberry Bagels</i></p> <p>Cinnamon Toast Crunch</p>	<p>3</p> <p>Breakfast Pizza</p> <p><i>Oatmeal Chocolate Chip Benefit Bar</i></p> <p>Cinnamon Toast Crunch</p>	<p>4</p> <p>Cinnamon Roll</p> <p><i>Apple Nutri-Grain Bar</i></p> <p>Cinnamon Toast Crunch</p>
<p>7</p> <p>Soft-Filled Cinn. Toast Crunch Bar</p> <p><i>Banana Chocolate Chip Benefit Bar</i></p> <p>Lucky Charms</p>	<p>8</p> <p>Strawberry Parfait</p> <p><i>Mini Cinni's</i></p> <p>Lucky Charms</p>	<p>9</p> <p>Donut Kabobs</p> <p><i>Mini Strawberry Bagels</i></p> <p>Lucky Charms</p>	<p>10</p> <p>Cherry Frudel</p> <p><i>Oatmeal Chocolate Chip Benefit Bar</i></p> <p>Lucky Charms</p>	<p>11</p> <p>Bacon & Egg Bagel Sandwich</p> <p><i>Apple Nutri-Grain Bar</i></p> <p>Lucky Charms</p>
<p>14</p> <p>4 French Toast Sticks</p> <p><i>Banana Chocolate Chip Benefit Bar</i></p> <p>Cocoa Puffs</p>	<p>15</p> <p>Apple Frudel</p> <p><i>Mini Cinni's</i></p> <p>Cocoa Puffs</p>	<p>16</p> <p>Cinnamon Sugar Donut Holes</p> <p><i>Mini Strawberry Bagels</i></p> <p>Cocoa Puffs</p>	<p>17</p> <p>Breakfast Pizza</p> <p><i>Oatmeal Chocolate Chip Benefit Bar</i></p> <p>Cocoa Puffs</p>	<p>18</p> <p>Cinnamon Roll</p> <p><i>Apple Nutri-Grain Bar</i></p> <p>Cocoa Puffs</p>
<p>21</p> <p>Soft-Filled Cocoa Puff Bar</p> <p><i>Banana Chocolate Chip Benefit Bar</i></p> <p>Frosted Flakes</p>	<p>22</p> <p>Blueberry Parfait</p> <p><i>Mini Cinni's</i></p> <p>Frosted Flakes</p>	<p>23</p> <p>Donut Kabobs</p> <p><i>Mini Strawberry Bagels</i></p> <p>Frosted Flakes</p>	<p>24</p> <p>Cherry Frudel</p> <p><i>Oatmeal Chocolate Chip Benefit Bar</i></p> <p>Frosted Flakes</p>	<p>25</p> <p>Sausage & Egg Bagel Sandwich</p> <p><i>Apple Nutri-Grain Bar</i></p> <p>Frosted Flakes</p>
<p>28</p> <p>Maple Mini Pancakes</p> <p><i>Banana Chocolate Chip Benefit Bar</i></p> <p>Cocoa Puffs</p>	<p>29</p> <p>Apple Frudel</p> <p><i>Mini Cinni's</i></p> <p>Cocoa Puffs</p>	<p>30</p> <p>Cinnamon Sugar Donut Holes</p> <p><i>Mini Strawberry Bagels</i></p> <p>Cocoa Puffs</p>	<p>31</p> <p>Breakfast Pizza</p> <p><i>Oatmeal Chocolate Chip Benefit Bar</i></p> <p>Cocoa Puffs</p>	<p>1</p> <p>Cinnamon Roll</p> <p><i>Apple Nutri-Grain Bar</i></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 pthscafe@penntrafford.org or 724-744-2664