

# PROVIDENT JANUARY 2018

## **SCHOOL BREAKFAST MENU**

### **Monday**

WG Cheerios  
1 slice Wheat Bread & Jelly  
4oz Orange juice  
Fresh Fruit

### **Tuesday**

WG Corn Flakes  
1 slice Wheat Bread & Jelly  
4oz Apple juice  
Fresh Fruit

### **Wednesday**

WG Rice Chex  
1 slice Wheat Bread & Jelly  
4oz Orange juice  
Fresh Fruit

### **Thursday**

WG MG Cheerios  
1 slice Wheat Bread & Jelly  
4oz Apple juice  
Fresh Fruit





### **Friday**

WG Kix  
1 slice Wheat Bread & Jelly  
4oz Orange juice  
Fresh Fruit

### **Alternative Breakfast:**

1 Cinnamon Roll OR  
1 Apple Frudel  
4oz Juice  
Fresh Fruit

All breakfast served  
with low fat Milk

<u><b>MONDAY</b></u>	<u><b>TUESDAY</b></u>	<u><b>WEDNESDAY</b></u>	<u><b>THURSDAY</b></u>	<u><b>FRIDAY</b></u>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEW YEARS DAY CLOSED</b>	<b>Cheeseburger on Whole Wheat Bun w/ 1/2c Leaf <b>lettuce</b> &amp; <b>tomato</b> Ketchup <b>1/2c Baked Beans</b> 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk</b>	<b>Totally Taco in a bag</b> (Taco Meat & shred. cheese w/ corn chips w/ 1/2c <b>lettuce</b> & <b>tomato</b> ) 1 taco sauce pack <b>1/2c Corn</b> 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk	<b>Salisbury Steak w/ Gravy</b> <b>1/2c Whipped Potatoes</b> <b>1/2c Garlic Green Beans</b> <b>Wheat Bread</b> Banana 1/2c Peaches 1/2pt Milk	<b>Chicken Alfredo w/ WG Pasta</b> <b>1/2c Cherry Tomatoes</b> <b>1/2c Broccoli Buddies</b> Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Popcorn Chicken w/BBQ</b> 1/2c <b>Carroteenies</b> Ranch Packet Wheat Dinner Roll <b>1/2c Tater tots w/ ketchup pkt</b> 1/2c Pineapple Tidbits 1 Piece Fresh Fruit 1/2pt Milk	<b>Sloppy Joe</b> <b>1/2c Green Beans</b> <b>1/2c Baked Beans</b> <b>Wheat BBQ Bun</b> 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk	<b>Chicken n Gravy over Biscuit or Wheat Bread w/ 1/2c Whipped Potatoes</b> <b>1/2c Spinach Salad</b> w/ Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	<b>Burger on Whole Wheat Bun w/ 1/2c <b>lettuce</b> &amp; <b>tomato</b></b> 1 Ketchup Packet <b>1/2c Steamed Broccoli</b> 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk	<b>Shaved Turkey Ham &amp; Swiss</b> 1/2c <b>Baby Carrots</b> 1/2c Sweet Potato Casserole Panini or Wheat Bread 1/2c Chilled Pears 1 Piece Fresh Fruit 1/2pt Milk
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>MLK DAY CLOSED</b>	<b>Totally Taco in a Bag</b> (Taco Meat & shred. cheese) corn chips <b>1/2c Tomato &amp; Lettuce</b> <b>1/2c Cucumber Slices,</b> <b>Cauliflower, Celery</b> Fresh Banana 1/2c Fruit Mix 1/2pt Milk	<b>Roast Beef n Swiss</b> <b>w/1/2c Tomato &amp; Lettuce on WW Bun</b> Mayo Packet <b>1/2c Baked Beans</b> 1/2c Cinnamon Applesauce 1 Piece Fresh Fruit 1/2pt Milk	<b>Popcorn Chicken Bowl</b> 3oz Popcorn chicken <b>1/2c Mashed Potatoes</b> <b>1/2c Corn</b> Red Delicious Apple 1/2c Mixed Fruit 1/2pt Milk	<b>Pizzaburger w/ w/ 1/2oz Cheese &amp; Pizza Sauce</b> <b>1/2c Tater tots w/ketchup</b> <b>1/2c Romaine &amp; Tomatoes</b> Ranch Dressing Fresh Fruit 1/2c Pears 1/2pt Milk
<b>22 Closed</b>	<b>23 Closed</b>	<b>24</b>	<b>25</b>	<b>26</b>
		<b>Salisbury Steak w/ Gravy</b> <b>1/2c Potato Wedges</b> <b>1/2c Garlic Green Beans</b> <b>Wheat Bread</b> Fresh Apple 1/2c Peaches 1/2pt Milk	<b>Turkey Sandwich w/ Shaved Turkey &amp; Swiss</b> <b>1/2c Carroteenies</b> <b>1/2c Hummus</b> <b>Panini or Wheat Bun</b> 1/2c Diced Pears Fresh Banana 1/2pt Milk	<b>Pasta &amp; Meat Sauce</b> <b>1/2c Cherry Tomatoes</b> <b>1/2c Romaine Lettuce</b> 1 Ranch Packet 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk
<b>29</b>	<b>30</b>	<b>31</b>		
<b>Popcorn Chicken Bowl</b> 3oz Popcorn chicken <b>1/2c Mashed Potatoes</b> <b>1/2c Corn</b> Red Delicious Apple 1/2c Mixed Fruit 1/2pt Milk	<b>Mighty Meatball Hoagie</b> (3 meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Green Beans <b>1/2c Salad Cup</b> 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	<b>Totally Taco in a Bag</b> (Taco Meat & shred. cheese) corn chips <b>1/2c Tomato &amp; Lettuce</b> <b>1/2c Cucumber Slices,</b> <b>Cauliflower, Celery</b> Fresh Banana 1/2c Fruit Mix 1/2pt Milk	All meals include 8oz milk 	



**Daily  
Milk Choices:**  
**8oz Skim,  
Flavored  
Fat Free,  
1% White**