

PROVIDENT FEBRUARY 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



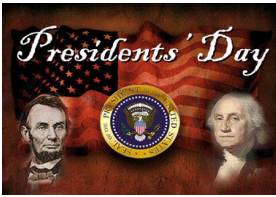
WG MG Cheerios
1 slice Wheat Bread & Jelly
4oz Apple juice
Fresh Fruit

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
			1	2
 The Nutrition Group	All meals include 8oz milk 		Chicken Fajita w/ 2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers Ranch Dressing 1 WW Tortilla Shell Orange 1/2c Peaches 1/2pt Milk	Turkey Sandwich w/ Shaved Turkey & Provolone Cheese 1/2c Cucumbers & Celery 1/2c Hummus Panini or Wheat Bun 1/2c Diced Pears Fresh Fruit 1/2pt Milk
5	6	7	8	9
Pasta & Meat Sauce 1/2c Cherry Tomatoes 1/2c Romaine Lettuce 1 Ranch Packet 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk	Popcorn Chicken w/BBQ 1/2c Carroteenies Ranch Packet Wheat Dinner Roll 1/2c Tater tots w/ ketchup 1/2c Pineapple Tidbits 1 Piece Fresh Fruit 1/2pt Milk	Sloppy Joe 1/2c Cucumbers & Celery 1/2c Hummus Wheat BBQ Bun 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk	Chicken Alfredo 1/2c Cherry Tomatoes 1/2c Steamed Broccoli 1 Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	Burger on Whole Wheat Bun w/ 1/2c lettuce & tomato 1 Ketchup Packet 1/2c Green Beans 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk
12	13	14 Valentines day	15	16
Steak & American Cheese Hoagie 1/2c Steak Fries 1/2c Southern Style Cole Slaw Fresh Orange 1/2c Peaches 1/2pt Milk	Cheeseburger on Whole Wheat Bun w/ 1/2c Leaf lettuce & tomato Ketchup 1/2c Baked Beans 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk	1c Leaf Lettuce, 1 1/2oz Cheese 1 Hard Boiled Egg 1/2c Tomatoes & Cucumbers Ranch Dressing 1 WW Tortilla Shell Orange & 1/2c Peaches 1/2pt Milk	Salisbury Steak w/ Gravy 1/2c Whipped Potatoes 1/2c Garlic Green Beans Wheat Bread Banana 1/2c Peaches 1/2pt Milk	Mac and Cheese 1/2c Cherry Tomatoes 1/2c Broccoli Buddies Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk
19 President Day	20	21	22	23
	Sloppy Joe 1/2c Green Beans 1/2c Baked Beans Wheat BBQ Bun 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk	Chicken n Gravy over Biscuit or Wheat Bread w/ 1/2c Whipped Potatoes 1/2c Spinach Salad w/ Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	Burger w/ on Whole Wheat Bun w/ 1/2c lettuce & tomato 1 Ketchup Packet 1/2c Steamed Broccoli 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk	1c Leaf Lettuce, 1 1/2oz Cheese 1 Hard Boiled Egg 1/2c Tomatoes & Cucumbers Ranch Dressing 1 WW Tortilla Shell Orange 1/2c Peaches 1/2pt Milk
26	27	28		
2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers Ranch Dressing 1 Wheat Dinner Roll Fresh Orange 1/2c Peaches 1/2pt Milk	Totally Taco in a Bag (Taco Meat & shred. cheese) corn chips 1/2c Tomato & Lettuce 1/2c Cucumber Slices, Cauliflower, Celery Fresh Banana 1/2c Fruit Mix 1/2pt Milk	Roast Beef n Swiss w/1/2c Tomato & Lettuce on WW Bun Mayo 1/2c Baked Beans 1/2c Cinnamon Applesauce 1 Piece Fresh Fruit 1/2pt Milk		



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