

# PROVIDENT SEPTEMBER 2017

## **SCHOOL BREAKFAST MENU**

*Asst. WG Cereal  
1 slice Wheat  
Bread & Jelly  
4oz Juice  
1/2c Fruit*

### **OR**

*Muffin  
4oz Juice  
1/2c Fruit*

All breakfast served  
with low fat Milk

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				<b>1</b>
All meals include 8oz milk 	 <b>The Nutrition Group</b>			<b>Pizzaburger w/ 1/2oz Cheese &amp; Pizza Sauce 1/2c Romaine &amp; Tomatoes FF Ranch Dressing Fresh Fruit 1/2c Pears 1/2pt FF Milk</b>
<b>4 CLOSED</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	<b>Mighty Meatball Hoagie</b> (3 meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Corn <b>1/2c Salad Cup</b> 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk	<b>Hearty Beef Stew w/ 1/2c Peas &amp; Carrots over 1/2c Whipped Potatoes Baked Biscuit</b> Fresh Apple 1/2c Peaches 1/2pt FF Milk	<b>Panini Sandwich w/ Shaved Buffalo Chicken &amp; Provolone Cheese 1/2c Tomato &amp; Lettuce 1/2c Baked Beans</b> 1/2c Diced Pears Fresh Banana 1/2pt FF Milk	<b>Marvelous Mac n Cheese 1/2c Cherry Tomatoes 1/2c Fresh Broccoli</b> 1 FF Ranch Packet 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt FF Milk
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Chicken w/BBQ Pkt</b> 1/2c Carrots FF Ranch Packet Wheat Dinner Roll <b>1/2c Tater tots w/ ketchup</b> 1/2c Pineapple Tidbits 1 Piece Fresh Fruit 1/2pt FF Milk	<b>Hot Sausage*** Hoagie</b> 1/2c Sautéed Peppers Tomatoes and Onions <b>1/2c Baked Beans</b> 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt FF Milk	<b>Chicken n Gravy over Baked Biscuit w/ 1/2c Whipped Potatoes 1/2c Spinach Salad w/ FF Ranch Packet</b> 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk	<b>Burger w/ 1 slice Bacon** on Whole Wheat Bun w/ 1/2c lettuce &amp; tomato</b> 1 Ketchup Packet <b>1/2c Broccoli</b> 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt FF Milk	<b>Panini Sandwich w/ Shaved **Ham &amp; American Cheese 1/2c Carrots &amp; Celery</b> 1/2c Baked Tater Tots 1 Ketchup Packet 1/2c Chilled Pears 1 Piece Fresh Fruit 1/2pt FF Milk
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Primanti style Steak &amp; Cheese Hoagie 1/2c Steak Fries 1/2c Southern Style Cole Slaw</b> Fresh Orange 1/2c Peaches 1/2pt FF Milk	<b>Cheeseburger on Whole Wheat Bun w/ 1/2c lettuce &amp; tomato</b> 1 Ketchup Packet <b>1/2c Baked Beans</b> 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt FF Milk	<b>Totally Taco Wrap</b> (Taco Meat & shred. cheese in a wheat tortilla shell w/ 1/2c lettuce & tomato) 1 taco sauce pack <b>1/2c Garden Green Beans</b> 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt FF Milk	<b>1 Pork Kielbassi ***** 1/2c Whipped Potatoes 1/2c Sauerkraut</b> 1 Ketchup & 1 Mustard pkt 1 WW Hot Dog Bun Banana 1/2c Pears 1/2pt FF Milk	<b>8oz Marvelous Mac n Cheese (spring pasta) 1/2c Cherry Tomatoes 1/2c Fresh Broccoli</b> 1 FF Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Totally Taco in a Bag</b> (Taco Meat & shred. cheese) corn chips <b>1/2c Tomato &amp; Lettuce 1/2c Cucumber Slices, Cauliflower, Celery</b> Fresh Orange 1/2c Fruit Mix 1/2pt FF Milk	2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers FF Ranch Dressing 1 Wheat Dinner Roll Fresh Banana 1/2c Peaches 1/2pt FF Milk	<b>Cold Roast Beef n Cheese w/1/2c Tomato &amp; Lettuce on WW Bun</b> 1 Mayo Packet <b>1/2c Baked Beans</b> 1/2c Cinnamon Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk	<b>Chicken Bowl</b> 3oz chicken <b>1/2c Mashed Potatoes</b> <b>1/2c Corn</b> Red Delicious Apple 1/2c Mixed Fruit 1/2pt FF Milk	<b>Pizzaburger w/ w/ 1/2oz Cheese &amp; Pizza Sauce 1/2c Romaine &amp; Tomatoes</b> FF Ranch Dressing Fresh Fruit 1/2c Pears 1/2pt FF Milk



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