

# PROVIDENT OCTOBER 2017

## SCHOOL BREAKFAST MENU

Asst. WG Cereal  
1 slice Wheat  
Bread & Jelly  
4oz Juice  
1 Fresh Fruit

## OR

Muffin  
4oz Juice  
1 Fresh Fruit

All breakfast served  
with low fat Milk

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Chicken n Gravy over Baked Biscuit w/ 1/2c Whipped Potatoes 1/2c Spinach Salad w/ Ranch Packet Fresh Fruit 1/2c Pineapple 1/2pt Milk	Mighty Meatball Hoagie (3oz meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Corn 1/2c Salad Cup w/ Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	Salisbury Steak w/ Gravy 1/2c Potato Wedges 1/2c Garlic Green Beans Wheat Bread Fresh Apple 1/2c Peaches 1/2pt Milk	Turkey Sandwich w/ Shaved Turkey & Swiss 1/2c Carroteenies 1/2c Hummus Panini or Wheat Bun 1/2c Diced Pears Fresh Banana 1/2pt Milk	Pasta & Meat Sauce 1/2c Cherry Tomatoes 1/2c Romaine Lettuce 1 Ranch Packet 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt Milk
<b>9 CLOSED</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	Cheeseburger on Whole Wheat Bun w/ 1/2c Leaf lettuce & tomato Ketchup Packet 1/2c Baked Beans 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk	Totally Taco in a bag (Taco Meat & shred. Cheese, corn chips w/ 1/2c lettuce & tomato) 1 taco sauce pack 1/2c Garden Green Beans 1/2c Mixed Fruit 1 Piece Fresh Fruit 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	Chicken Alfredo w/ WG Pasta 1/2c Cherry Tomatoes 1/2c Broccoli Buddies Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20 CLOSED</b>
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 Green Beans 1/2c Baked Beans Wheat BBQ Bun 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt Milk	Chicken n Gravy over Baked Biscuit 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 Broccoli 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers Ranch Dressing 1 Wheat Dinner Roll Fresh Banana 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 Orange 1/2c Fruit Mix and 1/2pt Milk	Roast Beef n Swiss w/1/2c Tomato & Lettuce on WW Bun Mayo Packet 1/2c Baked Beans 1/2c Cinnamon Applesauce 1 Piece Fresh Fruit 1/2pt Milk	Popcorn Chicken Bowl 3oz Popcorn chicken 1/2c Mashed Potatoes 1/2c Corn Red Delicious Apple 1/2c Mixed Fruit 1/2pt Milk	Pizza burger w/1/2oz Cheese & Pizza Sauce 1/2c Romaine & Tomatoes Ranch Dressing 1/2c Tater Tots w/Ketchup Fresh Fruit 1/2c Pears 1/2pt Milk
<b>30</b>	<b>31</b>			
Chicken n Gravy over Baked Biscuit w/ 1/2c Whipped Potatoes 1/2c Spinach Salad w/ Ranch Fresh Fruit 1/2c Pineapple 1/2pt Milk	Mighty Meatball Hoagie (3 oz meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Corn 1/2c Salad Cup w/Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk			 The Nutrition Group



All  
meals  
include  
8oz milk



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