

PROVIDENT DECEMBER 2018

SCHOOL BREAKFAST MENU

Monday

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

Tuesday

WG Assorted Cereal
1 slice Wheat Bread & Jelly
4oz Apple juice
Fresh Fruit

Wednesday

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

Thursday

WG Assorted Cereal
1 slice Wheat Bread & Jelly
4oz Apple juice
Fresh Fruit

Friday

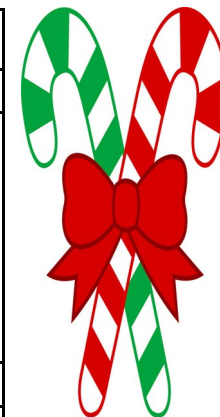
WG Assorted Cereal
1 slice Wheat Bread & Jelly
4oz Orange juice
Fresh Fruit

Alternative Breakfast:

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

All breakfast served
with low fat Milk

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
3	4	5	6	7
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 Baked Beans' Wheat BBQ Bun 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk	Pasta Salad w/ Grilled Chicken Strips 1/2c Cherry Tomatoes 1/2c Broccoli Buddies 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
10	11	12	13	14
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	Totally Taco in a bag (Taco Meat & shred. cheese w/ corn chips w/ 1/2c lettuce & tomato) 1 taco sauce pack 1/2c Corn 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	Pasta Salad w/ Grilled Chicken Strips 1/2c Cherry Tomatoes 1/2c Broccoli Buddies Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk
17	18	19	20	21
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 1 Piece Fresh Fruit 1/2pt Milk	Chicken n Gravy over Biscuit or Wheat Bread w/ 1/2c Whipped Potatoes 1/2c 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 Buddies 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk	Shaved Turkey Ham & Swiss 1/2c Baby Carrots 1/2c Sweet Potato Casserole Panini or Wheat Bread 1/2c Chilled Pears 1 Piece Fresh Fruit 1/2pt Milk
24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED
HAPPY HOLIDAYS!				
31 CLOSED				
Bring on the NEW YEAR!				 The Nutrition Group



All meals include 8oz milk



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