




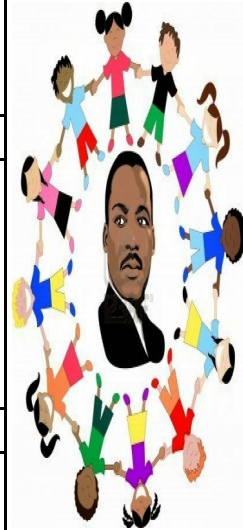


PROVIDENT JANUARY 2019

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	<b>1 No School</b>	<b>2 No School</b>	<b>3</b>	<b>4</b>
All meals include 8oz milk 	<b>NEW YEARS DAY CLOSED</b>		<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>1C Pasta Salad w/ Grilled Chicken Strips</b> <b>1 SL WG Bread</b> <b>1/2c Cherry Tomatoes</b> <b>1/2c Broccoli Buddies</b> Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk
<b>7 New Item</b>	<b>8</b>	<b>9 New Item</b>	<b>10</b>	<b>11</b>
<b>Orange Kissed Chicken Bowl (sauce sent sep) w/ Brown Rice</b> 1/2c Diced Carrots <b>1/2c Green Peas</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 Ala King over Biscuit or Wheat Bread w/ 1/2c Whipped Potatoes</b> <b>1/2c Salad</b> w/ Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	<b>Burger w/ on Whole Wheat Bun w/ 1/2c lettuce &amp; tomato</b> 1 Ketchup Packet <b>1/2c Broccoli Buddies</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>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18 New Item</b>
<b>Roast Beef w/American Cheese</b> <b>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>Totally Taco in a Bag</b> (Taco Meat & shred. cheese) corn chips <b>1/2c Tomato &amp; Lettuce</b> <b>1/2c Cucumber</b> Fresh Banana 1/2c Fruit Mix 1/2pt Milk	2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers Ranch Dressing 2 Wheat Dinner Roll Fresh Orange 1/2c Peaches 1/2pt Milk	<b>Swedish Meatball w/ Gravy</b> <b>1/2c Green Peas</b> <b>1/2c Buttered Noodles</b> <b>1/2c Sweet Potato Wedges</b> <b>1 WG Bread</b> Fresh Apple and 1/2c Pears 1/2pt Milk	<b>Corn Dog Nuggets</b> 1/2c Mixed Vegetables 1/2c Whipped Potatoes 1/2c Fruit Mix 1 Piece Fresh Fruit 1/2pt Milk
<b>21 MLK DAY CLOSED</b>	<b>22 No School</b>	<b>23 New Item</b>	<b>24</b>	<b>25</b>
		<b>Chicken Burrito Bowl w/ Cheese</b> 1/2c Rice 1/2c Sweet Potatoes 1/2c Mixed Vegetables 1/2c Peaches 1 Piece Fresh Fruit	<b>Turkey Wrap w/ Shaved Turkey &amp; American Cheese</b> <b>1/2c Lettuce &amp; 1/4c Tomato</b> <b>1/2c Bean Medley (cold)</b> <b>1 Honey Wheat Tortilla</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>28</b>	<b>29 New Item</b>	<b>30</b>	<b>31</b>	
<b>Popcorn Chicken Bowl</b> 3oz Popcorn chicken 1 SL WG Bread <b>1/2c Mashed Potatoes</b> <b>1/2c Corn</b> Red Delicious Apple 1/2c Mixed Fruit 1/2pt Milk	<b>1c Chili Cheese Bowl w/ 1/2 C Rice</b> 1 SL WG Bread 1/2c Carrots 1/2c Salad 1/2c Seasoned Green Beans 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk	<b>Totally Taco in a Bag</b> (Taco Meat & shred. cheese) corn chips 1 SL WG Bread <b>1/2c Tomato &amp; Lettuce</b> <b>1/2c Refried Beans</b> Fresh Banana 1/2c Pears 1/2pt Milk	<b>Chicken Fajita w/</b> 2oz Chicken Strips & 1c Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers Ranch Dressing 1 WW Tortilla Shell 1 SL WG Bread Orange 1/2c Peaches and 1/2pt Milk	 <b>The Nutrition Group</b>



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