

PROVIDENT FEBRUARY 2019

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>
	All meals include 8oz milk 			1
4	5	6	7	8
Mighty Meatball Hoagie (3oz meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Green Beans 1c Salad Cup 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	Chicken Sticks 1 SI WG Bread 1/2c Sweet Potato Wedges 1/2c Mixed Vegetables 1/2c Pineapple 1 Piece Fresh Fruit 1/2pt Milk	Pizzaburger w/ 1/2oz Cheese & Pizza Sauce 1/2c Corn 1/2c Romaine & Tomatoes 1/2 C Baby Carrots Ranch Dressing Fresh Fruit 1/2c Pears 1/2pt Milk	Grilled Chicken Bruschetta Sandwich 1/2c Baked Beans 1/2c Steamed Broccoli 1/2c Peaches 1 Piece Fresh Fruit 1/2pt Milk	Turkey Sandwich w/ Shaved Turkey & Provolone Cheese 1/2c Cucumbers 1/2c Celery Ranch Packet Panini or Wheat Bun 1/2c Diced Pears Fresh Fruit 1/2pt Milk
11	12	13	14	15
Beef Hot Dog w/ Bun 1/2c Parsley Potatoes 1/2c Baked Beans 1/2c Diced Peaches 1/2c Vanilla Pudding 1 Piece Fresh Fruit 1/2pt Milk	Kung Pao Oriental Chicken w/ 1/2c Rice 1/2c Cauliflower 1/2c Broccoli 1/2c Pineapple 1 Slice WG Bread 1 Piece Fresh Fruit 1/2pt Milk	Buffalo Chicken Mac & Cheese 1 SI WW Bread 1/2c Carrots 1/2c Peas 1/2c Fruit Mix 1 Piece Fresh Fruit 1/2pt Milk	Cheese lasagna Roll Ups w/ 1 SI WG Bread 1/2c Carrots 1/2c Corn 1/2c Pears 1 Piece Fresh Fruit 1/2pt Milk	Meatloaf & Gravy w/ 2 Dinner Rolls 1/2c Sweet Potato Wedges 1/2c Green Beans w/ Marg 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk
18	19	20	21	22
Steak & American Cheese Hoagie 1/2c Parsley Potatoes 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	1C Pasta Salad w/ Grilled Chicken Strips 1 SL WG bread 1/2c Cherry Tomatoes 1/2c Broccoli Buddies Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk
25	26	27	28	
Popcorn Chicken Bowl w/ Brown Rice 1/2c Diced Carrots 1/2c Green Peas 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 Ala King 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	



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