

Offered Daily as a Breakfast choice: Assorted Cereal, Assorted Pop tarts, Banana Bread, Cinnamon Rolls, Chocolate chip bar

w/syrup

Fruit and or Juice Choice of Milk

Fruit and or Juice

Choice of Milk

Fruit and or Juice

Choice of Milk

Fruit and or Juice

Choice of Milk

Veg: Tomato Soup





Veg: Fajita Veggies

SEPTEMBER 2023

Provident Charter School Central

Monday **Tuesday** Wednesday **Thursday** Friday PA HARVEST OF THE MONTH: A. Pierogis B. Greek Salad C. PBJ w/ yogurt D. Chipotle Turkey Wrap E. Hummus **PEPPERS** Veg: Green Beans 8 A. Smash Burger Taco A. Mac & Cheese w/breadstid A. Sausage Egg & Cheese Biscui A. Grilled Cheese B. Buffalo Chicken Salad B. Buffalo Chicken Salad B. Buffalo Chicken Salad B. Buffalo Chicken Salad ABOR DAY C. PBJ w/ yogurt C. PBJ w/ yogurt C. PBJ w/ yogurt C. PBJ w/ yogurt D. Make Your Own Pizza E. Hummus E. Hummus E. Hummus E. Hummus Veg: Smiley Fries Veg: zuchinni Veg: Hash Browns Veg: Tomato Soup 14 12 13 A. General Tso's & Fried Rice A. Meat Ball Hoagie A. Soft Taco A. White Pizza Half Dav B. Chef Salad B. Chef Salad B. Chef Salad B. Chef Salad Bosco sticks C. PBJ w/ yogurt C. PBJ w/ yogurt C. PBJ w/ yogurt C. PBJ w/ yogurt PBJ D. Turkey Club D. Turkey Club D. Turkey Club D. Turkey Club E. Hummus E. Hummus E. Hummus E. Hummus Veg: Garlic Parm Broccoli Veg: refried beans Veg: Mixed veg Veg: Side Salad 18 20 21 22 A. Lemon Chicken over rice A. Pretzel Dogs A. Pulled Pork A. Pizza A. Steak Wrap B. Garden Salad C. PBJ w/ yogurt D. Italian Hoagie E. Hummus E. Hummus E. Hummus E. Hummus E. Hummus Veg: Fries Veg: Cole Slaw Veg: Roasted Edamame Veg: Garlic Parm Potatoes Veg: Honey Carrots 25 A. Popcorn Chicken Bowl over Mashed 28 A. Burrito Bowl A. Grilled Cheese taters A. Hot Dog B. Asian Chicken Salad B. Asian Chicken Salad B. Asian Chicken Salad B. Asian Chicken Salad C. PBJ w/ yogurt C. PBJ w/ yogurt C. PBJ w/ yogurt C. PBJ w/ yogurt D. Honey Turkey Wrap D. Honey Turkey Wrap D. Honey Turkey Wrap D. Honey Turkey Wrap E. Hummus E. Hummus E. Hummus E. Hummus

Veg: Corn

Veg: Baked Beans