

# Provident May 2019

## SCHOOL BREAKFAST MENU

### ALA CARTE WAGON

*Students must choose 3 or 4 items to make a reimbursable breakfast*

#### Grain:

*May take ONE OR TWO grain items*

#### Fruit:

*May take up to TWO half-cup fruit choices (MUST take at least one)*

#### Milk:

*May take a cup of milk (8oz)*

### Breakfast Choices:

*Assorted Yogurt*

*Assorted WG Cereal*

*WG Fruit Frudel*

*WG Iced Cinnamon Roll*

*Assorted WG BeneFIT Breakfast Bars*

*WG Animal Crackers*

*Assorted WG Cereal Bars*

*Assorted Fresh or Portioned Fruits*

*Assorted 100% Fruit Juices*

*ALL Breakfasts served With Low Fat Milk*

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		1	2	3
 <b>The Nutrition Group</b>	All meals include 8oz milk 	<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/ 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 and 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
6	7	8	9	10
<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/ 1/2c Rice</b> 1 SL WG Bread 1/2c Carroteenies 1/2c Salad w/ranch packet 1/2c Seasoned Green Beans 1/2c Mandarin Oranges 1 Piece Fresh Fruit	<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 Baked Beans</b> Fresh Banana 1/2c Fruit Mix 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 and 1/2c Peaches 1/2pt Milk	<b>Chicken Burrito Bowl w/ Cheese</b> 1/2c Rice 1/2c Mixed Vegetables 1/2c Carrots 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk
13	14	15	16	17
<b>Pasta &amp; Meat Sauce</b> <b>1 SL WG Bread</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>Chicken Nuggets w/BBQ</b> <b>1/2c Carroteenies</b> 1 Ranch Packet 1 SL WG Bread <b>1/2c Parsley Potatoes</b> 1/2c Pineapple Tidbits 1 Piece Fresh Fruit 2 Sugar Cookies 1/2pt Milk	<b>Sloppy Joe</b> <b>1/2c Cucumbers &amp; Celery</b> <b>1/2c Baked Beans</b> <b>Wheat BBQ Bun</b> 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	Chicken Enchilada Dip w/ Tortilla Chips 1/2c Corn 1/2c Carrots 1/2c Pears 1 Piece Fresh Fruit 1/2pt Milk	<b>Burger on Whole Wheat Bun w/</b> <b>1/2c lettuce &amp; tomato</b> 1 Ketchup Packet <b>1/2c Green Beans</b> 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2c Vanilla Pudding 1/2pt Milk
20	21	22	23	24
<b>Mighty Meatball Hoagie</b> (3oz meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Green Beans <b>1c Salad Cup</b> 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	<b>Chicken Sticks</b> <b>1 SL WG Bread</b> 1/2c Sweet Potato Wedges 1/2c Mixed Vegetables 1/2c Pineapple 1 Piece Fresh Fruit 1/2pt Milk	<b>Pizzaburger w/ w/ 1/2oz Cheese &amp; Pizza Sauce</b> <b>1/2c Corn</b> <b>1/2c Romaine &amp; Tomatoes</b> <b>1/2c Baby Carrots</b> Ranch Dressing Fresh Fruit 1/2c Pears and 1/2pt Milk	<b>Grilled Chicken Bruschetta Sandwich</b> 1/2c Baked Beans 1/2c Steamed Broccoli 1/2c Peaches 1 Piece Fresh Fruit 1/2pt Milk	<b>Turkey Sandwich w/ Turkey &amp; Provolone Cheese</b> <b>1/2c Cucumbers</b> <b>1/2c Celery</b> <b>Ranch Packet</b> <b>Panini or Wheat Bun</b> 1/2c Diced Pears Fresh Fruit 1/2pt Milk
27 Memorial Day	28	29	30	31
	<b>Kung Pao Oriental Chicken w/ 1/2 C Rice</b> 1/2c Cauliflower 1/2c Broccoli 1/2c Pineapple 1 Slice WG Bread 1 Piece Fresh Fruit 1/2pt Milk	<b>Buffalo Chicken Mac &amp; Cheese</b> 1 SL WW Bread 1/2c Carrots 1/2c Peas 1/2c Fruit Mix 1 Piece Fresh Fruit 1/2pt Milk	<b>Cheese lasagna Roll Ups w/ 1 SL WG Bread</b> 1/2c Carrots 1/2c Corn 1/2c Pears 1 Piece Fresh Fruit 1/2pt Milk	<b>Meatloaf &amp; Gravy w/ 2 Dinner Rolls</b> 1/2c Sweet Potato Wedges 1/2c Green Beans w/ Marg 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk



*HAPPY Mother's DAY*



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