

Provident August 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>
 The Nutrition Group				All meals include 8oz milk 
				
			22	23
			Sautéed Pierogies w/ Bread Chicken-N-Waffle Steamed Broccoli Peas Fruit Juice	Galaxy Pizza Cheeseburger Cheesy Hash browns Carrots Peach Applesauce
26	27	28	29	30
Chicken Tenders w/Bread Cheesy Garlic Bread Marinara Dipping Sauce Corn Fruit Cup	Pasta w/ Meat Sauce w/ bread Chicken Enchilada Dip w/ chips Corn Green Beans Fruit Juice	Breaded Chicken Salad w/Bread Turkey Ham & Cheese Fresh Baby Carrots Red & White Bean Salad Fresh Fruit	Breaded Popcorn Chicken w/1 Bread Salisbury Steak w/ Gravy & 2 Bread Whipped Potatoes Green Beans Applesauce	Sautéed Pierogies w/ Bread Meatloaf w/Dinner Roll Steamed Broccoli Sweet potatoes Fruit Juice

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