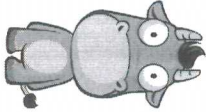


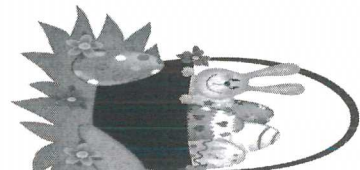
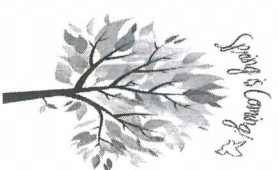
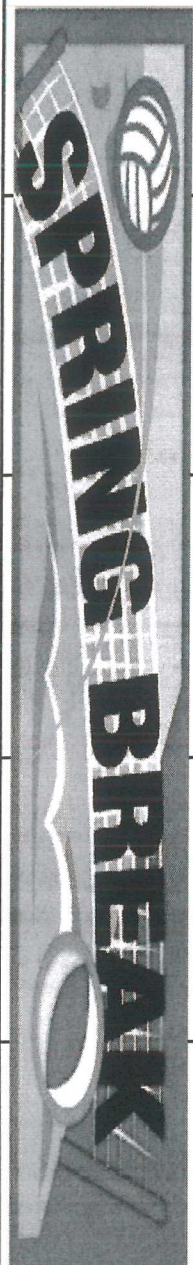


PROVIDENT MARCH 2018

SCHOOL BREAKFAST MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday WG Cheerios 1 slice Wheat Bread & Jelly 4oz Orange Juice Fresh Fruit	All meals include 8oz milk 		1 Popcorn Chicken Bowl 3oz Popcorn chicken 1/2c Mashed Potatoes 1/2c Corn Red Delicious Apple 1/2c Mixed Fruit 1/2pt Milk	2 1c Leaf Lettuce, 1 1/2oz Cheese 1 Hard Boiled Egg 1/2c Tomatoes & Cucumbers Ranch Dressing Orange 1/2c Peaches 1/2pt Milk
Tuesday WG Corn Flakes 1 slice Wheat Bread & Jelly 4oz Apple Juice Fresh Fruit	The Nutrition Group 		8 Turkey Sandwich w/ Shaved Turkey & Swiss 1/2c Carroteenies 1/2c Hummus Panini or Wheat Bun 1/2c Diced Pears Fresh Banana 1/2pt Milk	9 Closed 
Wednesday WG Rice Chex 1 slice Wheat Bread & Jelly 4oz Orange Juice Fresh Fruit	6 Mighty Meatball Hoagie (3oz meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Corn 1/2c Salad Cup w/ Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	7 Salisbury Steak w/ Gravy 1/2c Potato Wedges 1/2c Garlic Green Beans Wheat Bread Fresh Apple 1/2c Peaches 1/2pt Milk	15 Chicken Fajita w/ 2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Cucumbers Ranch Dressing 1 WW Tortilla Shell Orange 1/2c Peaches 1/2pt Milk	16 1c Leaf Lettuce, 1 1/2oz Cheese 1 Hard Boiled Egg 1/2c Tomatoes Ranch Dressing Apple 1/2c Pineapple 1/2pt Milk
Thursday WG MG Cheerios 1 slice Wheat Bread & Jelly 4oz Apple Juice Fresh Fruit	13 Mighty Meatball Hoagie (3oz meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Green Beans 1/2c Salad Cup/Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	14 Totally Taco in a Bag (Taco Meat & shred. cheese) corn chips 1/2c Tomato & Lettuce 1/2c Cucumber Slices, Cauliflower, Celery Fresh Banana 1/2c Fruit Mix 1/2pt Milk		
Friday WG Kix 1 slice Wheat Bread & Jelly 4oz Orange Juice Fresh Fruit	20 Popcorn Chicken w/BBQ 1/2c Carroteenies Ranch Packet Wheat Dinner Roll 1/2c Tater tots w/ ketchup 1/2c Pineapple Tidbits 1 Piece Fresh Fruit 1/2pt Milk	21 Chicken Alfredo 1/2c Cucumber Slices 1/2c Steamed Broccoli Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	22 Sloppy Joe 1/2c Cucumbers & Celery 1/2c Hummus Wheat BBQ Bun 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk	23 6oz Mac and cheese 1/2c Cherry Tomatoes 1/2c Broccoli Buddies Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk
Alternative Breakfast: 1 Cinnamon Roll OR 1 Apple Fritter 4oz Juice Fresh Fruit	27 Closed	28 Closed	29 Closed	30 GOOD FRIDAY CLOSED
26 Closed				



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

All breakfast served with low fat Milk