

PROVIDENT AUGUST 2018

SCHOOL BREAKFAST MENU

Monday

WG Cheerios
1 slice Wheat Bread & Jelly
4oz Orange juice
Fresh Fruit

Tuesday

WG Corn Flakes
1 slice Wheat Bread & Jelly
4oz Apple juice
Fresh Fruit

Wednesday

WG Cinnamon Toast Crunch
1 slice Wheat Bread & Jelly
4oz Orange juice
Fresh Fruit

Thursday

WG MG Cheerios
1 slice Wheat Bread & Jelly
4oz Apple juice
Fresh Fruit


Friday

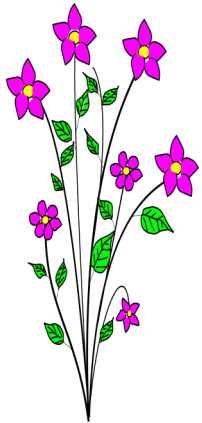
WG Kix
1 slice Wheat Bread & Jelly
4oz Orange juice
Fresh Fruit

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>
				
			23	24
			Salisbury Steak w/ Gravy 1/2c Whipped Potatoes 1/2c Garlic Green Beans Wheat Bread Banana 1/2c Peaches 1/2pt Milk	Pasta Salad w/ Grilled Chicken Strips 1/2c Cherry Tomatoes 1/2c Broccoli Buddies Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk
27	28	29	30	31
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	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 n Gravy 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	Shaved Turkey Ham & Swiss 1/2c Baby Carrots 1/2c Sweet Potato Casserole Panini or Wheat Bread 1/2c Chilled Pears 1 Piece Fresh Fruit 1/2pt Milk



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

All meals include 8oz milk

