

PROVIDENT SEPTEMBER 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>
3 CLOSED	4	5	6	7
	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	Roast Beef n Swiss w/1/2c Tomato & Lettuce on WW Bun Mayo 1/2c Baked Beans 1/2c Cinnamon Applesauce 1 Piece Fresh Fruit 1/2pt Milk	Popcorn Chicken Bowl 3oz Popcorn chicken 1/2c Mashed Potatoes 1/2c Corn Red Delicious Apple 1/2c Mixed Fruit 1/2pt Milk	Pizzaburger w/ w/ 1/2oz Cheese & Pizza Sauce 1/2c Tater tots w/ketchup 1/2c Romaine & Tomatoes Ranch Dressing Fresh Fruit 1/2c Pears 1/2pt Milk
10	11	12	13	14
Chicken n Gravy over Biscuit or Wheat Bread w/ 1/2c Whipped Potatoes 1/2c Salad w/ Ranch Fresh Fruit 1/2c Pineapple 1/2pt Milk	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	Salisbury Steak w/ Gravy 1/2c Potato Wedges 1/2c Garlic Green Beans Wheat Bread Fresh Apple 1/2c Peaches 1/2pt Milk	Turkey Sandwich w/ Shaved Turkey & Swiss 1/2c Carroteenies 1/2c Bean Medley (cold) Panini or Wheat Bun 1/2c Diced Pears Fresh Banana 1/2pt Milk	Pasta & Meat Sauce 1/2c Cherry Tomatoes 1/2c Romaine Lettuce 1 Ranch Packet 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk
17	18	19	20	21
Popcorn Chicken Bowl 3oz Popcorn chicken 1/2c Mashed Potatoes 1/2c Corn Red Delicious Apple 1/2c Mixed Fruit 1/2pt Milk	Mighty Meatball Hoagie (3oz meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Green Beans 1/2c Salad Cup 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	Totally Taco in a Bag (Taco Meat & shred. cheese) corn chips 1/2c Tomato & Lettuce 1/2c Refried Beans Fresh Banana 1/2c Fruit Mix 1/2pt Milk	Chicken Fajita w/ 2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers Ranch Dressing 1 WW Tortilla Shell Orange 1/2c Peaches 1/2pt Milk	Turkey Sandwich w/ Shaved Turkey & Provolone Cheese 1/2c Cucumbers 1/2c Celery Ranch Packet Panini or Wheat Bun 1/2c Diced Pears Fresh Fruit 1/2pt Milk
24	25	26	27	28
Pasta & Meat Sauce 1/2c Cherry Tomatoes 1/2c Romaine Lettuce 1 Ranch Packet 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk	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 Cucumbers & Celery 1/2c Baked Beans Wheat BBQ Bun 1/2c Mixed Fruit 1 Piece Fresh Fruit 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	Burger on Whole Wheat Bun w/ 1/2c lettuce & tomato 1 Ketchup Packet 1/2c Green Beans 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk
				



All meals include 8oz milk



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

The Nutrition Group