

Provident April 2019



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

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*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Mighty Meatball Hoagie (3oz meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Green Beans 1c Salad Cup 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk	Chicken Sticks 1 SI WG Bread 1/2c Sweet Potato Wedges 1/2c Mixed Vegetables 1/2c Pineapple 1 Piece Fresh Fruit 1/2pt Milk	Pizzaburger w/ w/ 1/2oz Cheese & Pizza Sauce 1/2c Corn 1/2c Romaine & Tomatoes 1/2c Baby Carrots Ranch Dressing Fresh Fruit 1/2c Pears 1/2pt Milk	Grilled Chicken Bruschetta Sandwich 1/2c Baked Beans 1/2c Steamed Broccoli 1/2c Peaches 1 Piece Fresh Fruit 1/2pt Milk	1C Leaf Lettuce 1 1/2oz Cheese 1 Hard Boiled Egg 1/2C Tomatoes & Cucumbers Ranch Packet 1/2c Diced Pears Fresh Fruit 1/2pt Milk
8	9	10	11	12
Beef Hot Dog w/ Bun 1/2c Parsley Potatoes 1/2c Baked Beans 1/2c Diced Peaches 1/2c Vanilla Pudding 1 Piece Fresh Fruit 1/2pt Milk	Kung Pao Oriental Chicken w/ 1/2 C Rice 1/2c Cauliflower 1/2c Broccoli 1/2c Pineapple 1 Slice WG Bread 1 Piece Fresh Fruit 1/2pt Milk	Buffalo Chicken Mac & Cheese 1 SI WW Bread 1/2c Carrots 1/2c Peas 1/2c Fruit Mix 1 Piece Fresh Fruit 1/2pt Milk	Cheese lasagna Roll Ups w/ 1 SI WG Bread 1/2c Carrots 1/2c Corn 1/2c Pears 1 Piece Fresh Fruit 1/2pt Milk	1C Leaf Lettuce 1 1/2oz Cheese 1 Hard Boiled Egg 1/2C Tomatoes & Cucumbers Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt Milk
15	16	17	18 Closed	19 Closed
Steak & American Cheese Hoagie 1/2c Parsley Potatoes 1/2c Southern Style Cole Slaw Fresh Orange 1/2c Peaches 1/2pt Milk	Cheeseburger on Whole Wheat Bun w/ 1/2c Leaf lettuce & tomato Ketchup 1/2c Baked Beans 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt Milk	Totally Taco in a bag (Taco Meat & shred. cheese w/ corn chips w/ 1/2c lettuce & tomato) 1 taco sauce pack 1/2c Corn 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt Milk		
22 Make up Day	23	24	25	26
Popccorn Chicken Bowl w/ Brown Rice 1/2c Diced Carrots 1/2c Green Peas 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 Ala King 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
29	30			
Roast Beef n American 1/2c Tomato & Lettuce on WW Bun Mayo 1/2c Baked Beans 1/2c Cinnamon 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 Cucumber Fresh Banana 1/2c Fruit Mix 1/2pt Milk		 The Nutrition Group	All meals include 8oz milk