




Provident June 2019

<u>SCHOOL BREAKFAST MENU</u> <u>ALA CARTE WAGON</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><i>Students must choose 3 or 4 items to make a reimbursable breakfast</i></p> <p><u>Grain:</u> May take ONE OR TWO grain items</p> <p><u>Fruit:</u> May take up to TWO half-cup fruit choices (MUST take at least one)</p> <p><u>Milk:</u> May take a cup of milk (8oz)</p> <p><u>Breakfast Choices:</u></p> <p>Assorted Yogurt</p> <p>Assorted WG Cereal</p> <p>WG Fruit Frudel</p> <p>WG Iced Cinnamon Roll</p> <p>Assorted WG BeneFIT Breakfast Bars</p> <p>WG Animal Crackers</p> <p>Assorted WG Cereal Bars</p> <p>Assorted Fresh or Portioned Fruits</p> <p>Assorted 100% Fruit Juices</p> <p>ALL Breakfasts served With Low Fat Milk</p>			<p>Please make sure to let us know your last day so we can send a cold lunch and can pick up pans and equipment.</p>		<p>All meals include 8oz milk</p> 
	3	4	5	6 Cold Lunch	7 Last day
	<p>Steak & American Cheese Hoagie 1/2c Parsley Potatoes 1/2c Southern Style Cole Slaw Fresh Orange 1/2c Peaches 1/2pt Milk</p>	<p>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</p>	<p>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</p>	<p>TURKEY & CHEESE ON 2 SLICES WG BREAD 1 MUSTARD 2 RANCH PACKETS 1/2C LETTUCE & TOMATO 2 CARROTEENIES PACKS 2 PIECES FRESH FRUIT 1/2pt Milk</p>	<p>NO LUNCH 1/2 DAY OF SCHOOL!</p> 



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