



Provident September 2019

<u>SCHOOL BREAKFAST MENU</u> <u>ALA CARTE WAGON</u> <i>Students must choose 3 or 4 items to make a reimbursable breakfast</i> <u>Grain:</u> May take ONE OR TWO grain items <u>Fruit:</u> May take up to TWO half-cup fruit choices (MUST take at least one) <u>Milk:</u> May take a cup of milk (8oz) <u>Breakfast Choices:</u> 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	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	2	3	4	5	6
	Pizza burger w/ sauce & Cheese Chicken-N-Biscuits Peas Baked Beans Applesauce	Buffalo Chicken dip w/ chips 3 French Toast Sticks w/ 2 Sausage Patties & Syrup Cup Carrots Green Beans & Fresh Fruit	Chef Salad w/ 1 Bread Tomatoes & Cucumbers Chicken Patty Parsley Potatoes Corn Fruit Juice	Buffalo Chicken Mac & Cheese w/ 1 Bread Corn Dog Nuggets Carrots Collard Greens Fruit Juice	Chicken Nuggets w/ bread Galaxy Pizza Home Fries Broccoli Applesauce Cup
	9	10	11	12	13
	Grilled Chicken Patty Bacon Cheeseburger Baked Beans Fruit Cup BBQ Bun	Chicken Sliders w/ 2 Rolls Walking Tacos w/ Doritos & Bread Corn Salsa (4oz) Fruit Juice	Hot Dog Sweet Potatoes Casserole Mixed Vegetables Turkey Chef Salad w/ 1 Bread Cherry Tomatoes Ranch Marinated Peas Fresh Fruit	Chicken Nuggets w/ bread Fish Sticks w/ Bread Parsley Potatoes Green Beans Fruit Cup	Italian Hoagie (bologna salami) Cherry Tomatoes Ranch Marinated Peas Swedish Meatballs w/ Gravy w/ Roll Sweet Potatoes Mixed Vegetables & Fruit
	16	17	18	19	20
	Sloppy Joe w/ BBQ Bun Chicken Patty Sandwich Winter Blend Baked Beans Fruit Cup BBQ Bun	Chicken Nuggets w/ 1 Bread Corn Dog Nuggets Broccoli Carrots Fruit Cup	Mighty Meatball Hoagie Chicken Parmesan Sandwich Collard Greens Home Fries Fruit Juice	Grilled Cheese Chicken Stix w/ 1 Bread Oven Baked Sweet Potatoes Mixed Vegetables Fruit Juice	Homemade Mac & Cheese w/ Dinner Roll Cheeseburger on BBQ Bun Green Peas Glazed Carrots Applesauce Cup
	23	24	25	26	27
	Hot Dog Breaded Chicken Sandwich Broccoli Baked Beans Fruit Juice	Teriyaki Meatballs w/ Bread Cheese Lasagna Corn Sweet Potatoes Fruit Cup	BBQ Chicken Wrap Sausage Egg & Cheese Biscuit Potato Rounds Green Beans Fruit Cup	Sautéed Pierogies w/ Bread Chicken-N-Waffle Steamed Broccoli Peas Fruit Juice	Galaxy Pizza Cheeseburger Cheesy Hash browns Carrots Peach Applesauce
	30				
	Chicken Tenders w/Bread Cheesy Garlic Bread Marinara Dipping Sauce Corn Fruit Cup			 The Nutrition Group	All meals include 8oz milk 

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