

Monday

Tuesday

Wednesday

Thursday

Friday

	1 Strawberry Yogurt Parfait Fruit and or Juice Choice of Milk	2 Maple Mini Pancakes w/syrup Fruit and or Juice Choice of Milk	3 PB&J Smoothie w/ apple cereal bar Fruit and or Juice Choice of Milk	4 Breakfast Pizza Fruit and or Juice Choice of Milk
7 Breakfast Corndog w/syrup Fruit and or Juice Choice of Milk	8 Blueberry Yogurt Parfait Fruit and or Juice Choice of Milk	9 Maple Mini Pancakes w/syrup Fruit and or Juice Choice of Milk	10 Frosted Lemonade Smoothie w/ apple cereal bar Fruit and or Juice Choice of Milk	11 Breakfast Pizza Fruit and or Juice Choice of Milk
14 Breakfast Corndog w/syrup Fruit and or Juice Choice of Milk	15 Vanilla Yogurt Parfait Fruit and or Juice Choice of Milk	16 Maple Mini Pancakes w/syrup Fruit and or Juice Choice of Milk	17 Creamsicle Smoothie w/ apple cereal bar Fruit and or Juice Choice of Milk	18 Breakfast Pizza Fruit and or Juice Choice of Milk
21 Breakfast Corndog w/syrup Fruit and or Juice Choice of Milk	22 Strawberry Yogurt Parfait Fruit and or Juice Choice of Milk	23 	24 	25 
28 	29 Blueberry Yogurt Parfait Fruit and or Juice Choice of Milk	30 Maple Mini Pancakes w/syrup Fruit and or Juice Choice of Milk		

Starting October Breakfast FREE to all enrolled Students for the 22-23 school year. The student must take what is considered a reimbursable meal or will be charged a la carte.

Offered Daily as a Breakfast choice: Assorted Cereal, Assorted Pop tarts, Banana Bread, Cinnamon Rolls

Provident Charter School is an equal opportunity provider and employer



Monday
Tuesday
Wednesday
Thursday
Friday


1
 A. Philly Cheese Steak
 B. Chicken Caesar Salad
 C. PB&J w/ Yogurt
 D. All American Sub
 E. Hummus
 Veg: Hash browns

2
 A. Peppy Grilled cheese
 B. Chicken Caesar Salad
 C. PB&J w/ Yogurt
 D. All American Sub
 E. Hummus
 Veg: Powerhouse chili

3
 A. Chicken Alfredo
 B. Chicken Caesar Salad
 C. PB&J w/ Yogurt
 D. All American Sub
 E. Hummus
 Veg: Little trees

4
 A. Bosco Sticks
 B. Chicken Caesar Salad
 C. PB&J w/ Yogurt
 D. All American Sub
 E. Hummus
 Veg: 3 Bean amigos

7
 A. Meatloaf
 B. Grilled Chicken Salad
 C. PB&J w/ Yogurt
 D. Make your own Pizza
 E. Hummus
 Veg: Garlic Parm Roasted Potatoes

8
 A. Chicken Pot Pie
 B. Grilled Chicken Salad
 C. PB&J w/ Yogurt
 D. Make your own Pizza
 E. Hummus
 Veg: Roasted Edamame

9
 A. Ravioli
 B. Grilled Chicken Salad
 C. PB&J w/ Yogurt
 D. Make your own Pizza
 E. Hummus
 Veg: Zukes

10
 A. Popcorn chicken bowl
 B. Grilled Chicken Salad
 C. PB&J w/ Yogurt
 D. Make your own Pizza
 E. Hummus
 Veg: Corn

11
Half Day
 Bosco Sticks
 PB&J

14
 A. Pasta Bake
 B. Greek Salad
 C. PB&J w/yogurt
 D. Italian Hoagie
 E. Hummus
 Veg: Green Beans

15
 A. Soft Taco
 B. Greek Salad
 C. PB&J w/yogurt
 D. Italian Hoagie
 E. Hummus
 Veg: Black Beans

16
 A. Sausage Egg & Cheese biscuit
 B. Greek Salad
 C. PB&J w/yogurt
 D. Italian Hoagie
 E. Hummus
 Veg: Hash browns

17
 A. Hotdog
 B. Greek Salad
 C. PB&J w/yogurt
 D. Italian Hoagie
 E. Hummus
 Veg: French Fries

18
 A. Pizza
 B. Greek Salad
 C. PB&J w/yogurt
 D. Italian Hoagie
 E. Hummus
 Veg: Sesame Broccoli

21
 A. Mac & Cheese w/ breadstick
 C. PB&J w/ Yogurt
 D. Ham & Cheese
 E. Hummus
 Veg: Broccoli

22
 A. TURKEY DAY FEAST
 C. PB&J w/ Yogurt
 D. Ham & Cheese
 E. Hummus
 Veg: Corn and Mashed potatoes



29
 A. Crispy chicken Sandwich
 B. Buffalo Chicken Salad
 C. PB&J w/ Yogurt
 D. Turkey Club
 E. Hummus
 Veg: Tater tots

30
 A. Pulled pork Sandwich
 B. Buffalo Chicken Salad
 C. PB&J w/ Yogurt
 D. Turkey Club
 E. Hummus
 Veg: Edamame Salad

