

### Monday



6

Breakfast Corndog  
w/syrup  
Fruit and or Juice  
Choice of Milk

13

Breakfast Corndog  
w/syrup  
Fruit and or Juice  
Choice of Milk

20



27

Breakfast Corndog  
w/syrup  
Fruit and or Juice  
Choice of Milk

### Tuesday



7

Blueberry Yogurt Parfait  
Fruit and or Juice  
Choice of Milk

14

Vanilla Yogurt Parfait  
Fruit and or Juice  
Choice of Milk

21

Strawberry Yogurt Parfait  
Fruit and or Juice  
Choice of Milk

28

Blueberry Yogurt Parfait  
Fruit and or Juice  
Choice of Milk

### Wednesday

Maple Mini Pancakes  
w/syrup  
Fruit and or Juice  
Choice of Milk

1

Maple Mini Pancakes  
w/syrup  
Fruit and or Juice  
Choice of Milk

8

Maple Mini Pancakes  
w/syrup  
Fruit and or Juice  
Choice of Milk

15

Maple Mini Pancakes  
w/syrup  
Fruit and or Juice  
Choice of Milk

22

### Thursday

Blueberry Smoothie  
w/ apple cereal bar  
Fruit  
Choice of Milk

2

Lemonade Smoothie  
w/ apple cereal bar  
Fruit  
Choice of Milk

9

Pineapple berry Smoothie  
w/ apple cereal bar  
Fruit  
Choice of Milk

16

Blueberry Smoothie  
w/ apple cereal bar  
Fruit  
Choice of Milk

23

### Friday

Mini French Toast  
w/ syrup  
Fruit and or Juice  
Choice of Milk

3



10

Mini French Toast  
w/ syrup  
Fruit and or Juice  
Choice of Milk

17

Mini French Toast  
w/ syrup  
Fruit and or Juice  
Choice of Milk

24



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, Benefit Bars

Provident Charter School is an equal opportunity provider and employer

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**6**

- A. Meatloaf
- B. Grilled Chicken Salad
- C. PB&J w/ Yogurt
- D. Make your own Pizza
- E. Hummus

Veg: Garlic Parm Roasted Potatoes

**7**

- A. Chicken Pot Pie
- B. Grilled Chicken Salad
- C. PB&J w/ Yogurt
- D. Make your own Pizza
- E. Hummus

Veg: Roasted Edamame

**1**

- A. Peppy Grilled cheese
- B. Chicken Caesar Salad
- C. PB&J w/ Yogurt
- D. All American Sub
- E. Hummus

Veg: Powerhouse chili

**2**

- A. Chicken Alfredo
- B. Chicken Caesar Salad
- C. PB&J w/ Yogurt
- D. All American Sub
- E. Hummus

Veg: Little trees

**3**

- A. Bosco Sticks
- B. Chicken Caesar Salad
- C. PB&J w/ Yogurt
- D. All American Sub
- E. Hummus

Veg: 3 Bean amigos

**13**

- A. Pasta Bake
- B. Greek Salad
- C. PB&J w/yogurt
- D. Italian Hoagie
- E. Hummus

Veg: Sautéed green Beans

**14**

- A. Soft Taco
- B. Greek Salad
- C. PB&J w/yogurt
- D. Italian Hoagie
- E. Hummus

Veg: Black Beans

**15**

- A. Sausage Egg & Cheese biscuit
- B. Greek Salad
- C. PB&J w/yogurt
- D. Italian Hoagie
- E. Hummus

Veg: Hash browns

**16**

- A. Hotdog
- B. Greek Salad
- C. PB&J w/yogurt
- D. Italian Hoagie
- E. Hummus

Veg: French Fries

**17**

- A. Pizza
- B. Greek Salad
- C. PB&J w/yogurt
- D. Italian Hoagie
- E. Hummus

Veg: Sesame Broccoli

**20**



**21**

- A. Walking Taco
- B. Chef Salad
- C. PB&J w/ Yogurt
- D. Ham & Cheese
- E. Hummus

Veg: Corn

**22**

- A. Orange Chicken w/ lo Mein
- B. Chef Salad
- C. PB&J w/ Yogurt
- D. Ham & Cheese
- E. Hummus

Veg: Peas & Carrots

**23**

- A. Buffalo Chicken Dip w/ flatbread
- B. Chef Salad
- C. PB&J w/ Yogurt
- D. Ham & Cheese
- E. Hummus

Veg: Black Beans

**24**

- A. Bosco Sticks
- B. Chef Salad
- C. PB&J w/ Yogurt
- D. Ham & Cheese
- E. Hummus

Veg: Garlic Parm Roasted Potatoes

**27**

- A. Spaghetti and Meatballs
- B. Buffalo Chicken Salad
- C. PB&J w/ Yogurt
- D. Turkey Club
- E. Hummus

Veg: Cauliflower

**28**

Harlem Renaissance Theme

- A. Jambalaya over Rice
- B. Buffalo Chicken Salad
- C. PB&J w/ Yogurt
- D. Turkey Club
- E. Hummus

Veg: Corn

