

NOVEMBER 2017

PROVISO EAST - PROVISO WEST- P.M.S.A
STUDENT

Breakfast Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--|---|---|--|--|---|
| | | 01 PANCAKES <u>W/ SYRUP</u> CEREAL BLUEBERRY MUFFIN YOGURT STRING CHEESE ORANGE JUICE FRESH BANANA | 02 COUNTRY <u>CHICKEN BISCUIT</u> CEREAL STRING CHEESE APPLE CINN. MUFFIN CHERRY STAR JUICE FRESH ORANGE | 03 SAUSAGE <u>BREAKFAST PIZZA</u> CEREAL GRITS STRING CHEESE YOGURT APPLE JUICE FRESH BANANA | <p>MORE INFO...</p> <p><u>BREAKFAST SERVED DAILY</u> 7:15 AM – 7:50 AM BREAKFAST PRICE 1ST – NO COST 2ND BREAKFAST \$1.55</p> <p><u>BREAKFAST INCLUDES</u> Choice of Fruit + 2 FULL servings of other components. Lender's Bagels, Aunt Jemima Whole Grain Pancakes, French toast Sticks, Waffles, Dannon Yogurts, Otis Spunkmeyer, Reduced Fat & Whole Grain Muffins, Reduced Sugar Cereals, Whole Grain & Enriched White Breads. Plus, Yogurt Parfait. Fresh Fruit or Canned Fruit packed in Juice or Water with no added Sugar. Prairie Farms Hormone Free Milk We only serve 1% white milk, skim milk or fat free chocolate milk.</p> <p>OR</p> <p>GRAB & GO BREAKFAST</p> |
| 06 PANCAKES <u>W/ SYRUP</u> CEREAL BAGEL STRING CHEESE YOGURT GRAPE JUICE FRESH ORANGE | 07 SCRAMBLED EGG W/ SAUSAGE & <u>CHEESE</u> CEREAL SUGAR DONUT GRITS STRING CHEESE MIX JUICE FRESH BANANA | 08 CHICKEN-HAM EGG CHEESE <u>FLATBREAD SDW.</u> CEREAL BLUEBERRY MUFFIN YOGURT STRING CHEESE ORANGE JUICE FRESH APPLE | 09 BOSCO APPLE <u>STICKS</u> CEREAL BAGEL GRITS CHERRY STAR JUICE FRESH ORANGE | 10 VETERANS DAY NO SCHOOL | |
| 13 PANCAKES <u>W/ SYRUP</u> CEREAL BAGEL STRING CHEESE YOGURT GRAPE JUICE FRESH APPLE | 14 SCRAMBLED EGGS W/ SAUSAGE & <u>CHEESE</u> CEREAL CHOCOLATE MUFFIN GRITS STRING CHEESE FRUIT JUICE FRESH ORANGE | 15 CHICKEN-HAM EGG CHEESE <u>FLATBREAD SDW.</u> CEREAL BAGEL BANANA MUFFIN STRING CHEESE ORANGE JUICE FRESH BANANA | 16 WAFFLE <u>W/ SYRUP</u> CEREAL BAGEL GRITS STRING CHEESE CHERRY STAR JUICE FRESH APPLE | 17 SAUSAGE <u>BREAKFAST PIZZA</u> CEREAL BLUEBERRY MUFFIN YOGURT STRING CHEESE FRESH BANANA APPLE JUICE | |
| 20 PANCAKES <u>W/ SYRUP</u> CEREAL CHOCOLATE MUFFIN STRING CHEESE YOGURT GRAPE JUICE FRESH BANANA | 21 SCRAMBLED EGG W/ SAUSAGE & <u>CHEESE</u> CEREAL BAGEL STRING CHEESE HOT GRITS FRUIT JUICE FRESH BANANA | 22 HOLIDAY | 23 THANKSGIVING DAY ENJOY No school | 24 HOLIDAY | |
| 27 PANCAKES <u>W/ SYRUP</u> CEREAL APPLE FRUDEL YOGURT STRING CHEESE GRAPE JUICE FRESH ORANGE | 28 SCRAMBLED EGG W/ SAUSAGE & <u>CHEESE</u> CEREAL BLUEBERRY MUFFIN GRITS STRING CHEESE FRUIT JUICE FRESH BANANA | 29 PANCAKES <u>W/ SYRUP</u> CEREAL BAGEL STRING CHEESE YOGURT GRAPE JUICE FRESH BANANA | 30 SCRAMBLED EGG W/ SAUSAGE & <u>CHEESE</u> CEREAL OAT MEAL BLUEBERRY MUFFIN STRING CHEESE MIX FRUIT JUICE FRESH APPLE | C-HAM CHEESE <u>FLATBREAD SDW.</u> CEREAL GRITS STRING CHEESE YOGURT ORANGE JUICE FRESH BANANA | |

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ARAMARK IS your food service provider for the Proviso High School District. If you have any questions, please feel free to contact: Mr. Joe Brown at 708-202-3044 or brown-joseph4@aramark.com. And check us out at Instagram Aramark_Proviso209

Menus are subject to change without notice.

This institution is an equal opportunity provider.

