



NOVEMBER 2017

PROVISO EAST – PROVISSO WEST – P.M.S.A. STUDENT LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		01 <u>BONELESS CHICKEN WINGS</u> SIDE SALAD STEAK FRIES DINNER ROLL FRESH APPLE GRAPE JUICE	02 <u>CAJUN CHILI FRIES BOWL</u> SIDE SALAD CILANTRO RICE FRESH BANANA ORANGE JUICE	03 <u>FISH STICK TACO</u> STEAMED SPINACH FRESH CARROTS SALSA-SOUR CREAM FRESH BANANA FRUIT JUICE	ENTRÉE COST 1 ST - No Cost 2 ND LUNCH- \$2.41 DAILY MEAL INCLUDES VEGETABLE- FRUIT/JUICE- WHOLE WHEAT BREAD- PROTEIN- CHOICE OF MILK STATIONS GREEN STREET DELI MTO=Made to order Sandwich (EAST & PMSA) Fresh ready-made Sandwich (WEST) GRAB & GO SALADS RESTURANT ROTATION Entrée Pasta & Hot Sandwiches CORNER CRUST 2-3 Kind of Pizza & Hot Sandwich TORTILLA Tacos-Nachos BEVERAGE CHOICES 1% Milk, Skim White Milk Fat Free Chocolate Milk which is Hormone Free AND 100% Fruit Juice A LA CARTE Baked Fries \$1.25 Ice Cream (varies) Baked Chips \$1.00 Gummy Fruit \$.50 Gatorade \$1.25 Izzy Drinks \$1.50 Naked Juice \$2.25 Snapple \$1.25
06 <u>BONELESS CHICKEN WINGS</u> MASHED POTATOES BROCCLLI DINNER ROLL FRESH APPLE FRUIT JUICE *CHICKEN* BLT SUB	07 <u>PENNE ROSA PASTA W/ CHICKEN</u> SIDE SALAD GREEN BEANS BREAD STICK FRESH BANANA APPLE JUICE *CHICKEN* BLT SUB	08 <u>BONELESS CHICKEN WINGS</u> SIDE SALAD STEAK FRIES DINNER ROLL GRAPE JUICE FRESH APPLE *CHICKEN* BLT SUB	09 <u>SPICY POPCORN CHICKEN BOWL</u> SIDE SALAD CELERY STICKS ORANGE JUICE FRESH BANANA *CHICKEN* BLT SUB	10 VETERANS DAY NO SCHOOL	
13 <u>BONELESS CHICKEN WINGS</u> FRENCH FRIES FRESH CARROTS DINNER ROLL FRESH BANANA MIX FRUIT JUICE *SOUTHWEST* PINWHEEL SANDWICH	14 <u>BEEF CHILI MAC</u> SIDE SALAD GREEN BEANS BREAD STICK FRESH BANANA APPLE JUICE *SOUTHWEST* PINWHEEL SANDWICH	15 <u>BONELESS CHICKEN WINGS</u> SIDE SALAD STEAK FRIES DINNER ROLL FRESH APPLE GRAPE JUICE *SOUTHWEST* PINWHEEL SANDWICH	16 <u>SPANISH TORTILLA BOWL</u> PEAS & CARROTS CELERY STRICKS APPLESAUCE ORANGE JUICE *SOUTHWEST* PINWHEEL SANDWICH	17 <u>FISH STICK TACO</u> COLE SLAW FRESH CARROTS SALSA-SOUR CREAM FRESH APPLE FRUIT JUICE *SOUTHWEST* PINWHEEL SANDWICH	
20 <u>BONELESS CHICKEN WINGS</u> MASHED POTATOES BROCCOLI DINNER ROLL FRESH APPLE FRUIT JUICE	21 <u>SPAGHETTI W/ MEATBALLS</u> SIDE SALAD GREEN BEANS BREAD STICKS FRESH BANANA APPLE JUICE	22 HOLIDAY	23 THANKSGIVING DAY HOLIDAY ENJOY	24 HOLIDAY	
27 <u>BONELESS CHICKEN WINGS</u> FRENCH FRIES GREEN BEANS DINNER ROLL FRESH APPLE MIX FRUIT JUICE	28 <u>PENNE ROSA PASTA W/ CHICKEN</u> SIDE SALAD GREEN BEANS BREAD STICK FRESH BANANA APPLE JUICE	29 <u>BONELESS CHICKEN WINGS</u> GLAZED CARROTS STEAK FRIES DINNER ROLL DICED PEARS GRAPE JUICE	30 <u>SPICY POPCORN CHICKEN BOWL</u> PEAS & CARROTS CILANTRO RICE DINNER ROLL BANANA ORANGE JUICE	<u>FISH STICK TACO</u> COLE SLAW FRESH CARROTS SALSA-SOUR CREAM FRESH APPLE FRUIT JUICE	

***NOVEMBER 2017 FUEL - WEEK OF 11-06-2017 AND 11-13-2017 ***

FRESH BAKED
COOKIES DAILY



We would like to hear from you as a Parent regarding the lunch program provided by Aramark for Proviso SD #209. Please call Mr. Joe Brown 708 202-3044 or e-mail him at brown-joseph4@aramark.com. Or visit us on INSTAGRAM: Aramark_Proviso209

Menus are subject to change without notice.



This institution is an equal opportunity provider.