



OCTOBER 2017
PROVISO EAST - PROVISO WEST- P.M.S.A
STUDENT
Breakfast Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
02	PANCAKES <u>W/ SYRUP</u> CEREAL BAGEL STRING CHEESE YOGURT GRAPE JUICE FRESH BANANA	03	SCRAMBLED EGG W/ SAUSAGE <u>& CHEESE</u> CEREAL OAT MEAL BLUEBERRY MUFFIN STRING CHEESE MIX FRUIT JUICE FRESH APPLE	04	EGG, CHICKEN-HAM & CHEESE <u>FLATBREAD</u> CEREAL, GRITS STRING CHEESE YOGURT ORANGE JUICE FRESH BANANA	05	COUNTRY <u>CHICKEN BISCUIT</u> CEREAL STRING CHEESE APPLE CINN. MUFFIN CHERRY STAR JUICE FRESH ORANGE	06	SAUSAGE BREAKFAST PIZZA CEREAL GRITS STRING CHEESE YOGURT APPLE JUICE FRESH BANANA	MORE INFO... <u>BREAKFAST</u> SERVED DAILY 7:15 AM – 7:50 AM BREAKFAST <u>PRICE</u> 1 ST – NO COST 2 ND BREAKFAST \$1.55 BREAKFAST <u>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. OR GRAB & GO BREAKFAST	
09	HOLIDAY NO SCHOOL	10	SCRAMBLED EGG W/ SAUSAGE <u>& CHEESE</u> CEREAL SUGAR DONUT GRITS STRING CHEESE MIX JUICE FRESH BANANA	11	EGG, CHICKEN-HAM & CHEESE <u>FLATBREAD</u> CEREAL, GRITS STRING CHEESE YOGURT ORANGE JUICE FRESH APPLE	12	BOSCO APPLE <u>STICKS</u> CEREAL BAGEL GRITS CHERRY STAR JUICE RAISINS	13	SCRAMBLED EGG W/ SAUSAGE <u>& CHEESE</u> TATER TOTS CHOCOLATE MUFFIN APPLE JUICE FRESH BANANA		
16	PANCAKES <u>W/ SYRUP</u> CEREAL BAGEL STRING CHEESE YOGURT GRAPE JUICE FRESH APPLE	17	SCRAMBLED EGGS W/ SAUSAGE <u>& CHEESE</u> CEREAL CHOCOLATE MUFFIN GRITS STRING CHEESE FRUIT JUICE FRESH ORANGE	18	EGG, CHICKEN-HAM & CHEESE <u>FLATBREAD</u> CEREAL, GRITS STRING CHEESE YOGURT ORANGE JUICE FRESH BANANA	19	WAFFEL <u>W/ SYRUP</u> CEREAL BAGEL GRITS STRING CHEESE CHERRY STAR JUICE FRESH APPLE	20	SAUSAGE BREAKFAST PIZZA CEREAL BLUEBERRY MUFFIN YOGURT STRING CHEESE FRESH BANANA APPLE JUICE		
23	PANCAKES <u>W/ SYRUP</u> CEREAL CHOCOLATE MUFFIN STRING CHEESE YOGURT GRAPE JUICE FRESH BANANA	24	SCRAMBLED EGG W/ SAUSAGE <u>& CHEESE</u> CEREAL BAGEL STRING CHEESE HOT GRITS FRUIT JUICE FRESH BANANA	25	EGG, CHICKEN-HAM & CHEESE <u>FLATBREAD</u> CEREAL, GRITS STRING CHEESE YOGURT ORANGE JUICE FRESH APPLE	26	WAFFEL <u>W/ SYRUP</u> CEREAL CHOCOLATE MUFFIN HOT GRITS STRING CHEESE CHERRY STAR JUICE FRESH BANANA	27	SAUSAGE BREAKFAST PIZZA CEREAL BAGEL YOGURT STRING CHEESE FRESH ORANGE APPLE JUICE		
30	PANCAKES <u>W/ SYRUP</u> CEREAL APPLE FRUDEL YOGURT STRING CHEESE GRAPE JUICE FRESH ORANGE	31	SCRAMBLED EGG W/ SAUSAGE <u>& CHEESE</u> CEREAL BLUEBERRY MUFFIN GRITS STRING CHEESE FRUIT 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.

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