

OCTOBER 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ENTRÉE COST
02 CHICKEN <u>FAJITAS</u>  REFRIED BEANS BROCCOLI FRESH APPLE FRUIT JUICE  *CHICKEN* TENDERS W/ ROLL	03 PENNE ROSA <u>PASTA W/ CHICKEN</u>  BREAD STICK GREEN BEANS SIDE SALAD FRESH BANANA APPLE JUICE  *BBQ* RIBLET SANDWICH	04 BEEF <u>TACO</u> SALSA-LETTUCE- TOMATOES-SOUR CREAM-PEPPERS- CHEESE SPICED RICE FRESH APPLE GRAPE JUICE  *SPICY* CHICKEN WRAP	05 CHILI <u>MAC</u> SIDE SALAD CILANTRO RICE FRESH BANANA ORANGE JUICE  *TURKEY* WRAP	06 FISH STICK <u>TACO</u> STEAMED SPINACH FRESH CARROTS SALSA-SOUR CREAM FRESH BANANA FRUIT JUICE  *CHICKEN* TENDERS W/ ROLL	<b>1<sup>ST</sup> - No Cost</b> <b>2<sup>ND</sup> LUNCH- \$2.40</b> <b>DAILY</b> <b>MEAL INCLUDES</b> VEGETABLE – FRUIT – WHOLE WHEAT BREAD – CHOICE OF MILK  <b>ADDITIONAL</b> <b>OPTIONS</b> 2-3 DIFFERENT KINDS OF PIZZA CHEESE / HAMBURGERS CHICKEN SANDWICH <b>BEVERAGE CHOICES</b> 1% Milk, Skim White Milk and Fat Free Chocolate Prairie Farms Milk is Hormone Free Or 100% Fruit Juice – Fresh Fruit-Canned Fruit  <b>Daily Specials</b> MTO-Made To Order Sandwiches Turkey – Chicken-Ham – Tomato – Lettuce – Cheese – Olives - Jalapeno Peppers *SOMETHING* <b>EXTRA</b> <b>GRAB &amp; GO SALAD</b> HAM TURKEY CHEF CHICKEN POP RANCH CHICKEN PATTY BUFFALO RANCH <b>A LA CARTE</b> 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
09  <b>HOLIDAY –</b>  <b>NO SCHOOL</b>	10 PENNE ROSA <u>PASTA W/ CHICKEN</u> BREAD STICK SIDE SALAD GREEN BEANS FRESH BANANA APPLE JUICE  *CHICKEN & PIMENTO* GRILLED CHEESE SANDWICH	11 BROCCOLI & CHEESE STUFF <u>BAKED POTATO</u> SIDE SALAD DINNER ROLL GRAPE JUICE FRESH APPLE  *CHICKEN & PIMENTO* GRILLED CHEESE SANDWICH	12 BEEF TACO <u>MAC &amp; CHEESE</u> SIDE SALAD CELERY STICKS ORANGE JUICE FRESH BANANA  *CHICKEN & PIMENTO* GRILLED & CHEESE SANDWICH	13 FISH STICK <u>TACO</u> STEAMED SPINACH FRESH BABY CARROTS FRESH APPLE FRUIT JUICE  *CHICKEN & PIMENTO* GRILLED CHEESE SANDWICH	
16 CHICKEN <u>FAJITAS</u> FRENCH FRIES FRESH CARROTS FRESH BANANA MIX FRUIT JUICE  *GRILLED STEAK* CHEESE SANDWICH	17 PENNE ROSA <u>PASTA W/ CHICKEN</u> BREAD STICK SIDE SALAD GREEN BEANS FRESH BANANA APPLE JUICE  *GRILLED STEAK* CHEESE SANDWICH	18 BEEF <u>TACO</u> SALSA-LETTUCE- TOMATOES-SOUR CREAM-PEPPERS- CHEESE SPICED RICE FRESH APPLE GRAPE JUICE  *GRILLED STEAK* CHEESE SANDWICH	19 CHILI <u>MAC</u> REFRIED BEANS CELERY STICKS APPLESAUCE ORANGE JUICE  *GRILLED STEAK* CHEESE SANDWICH	20 FISH STICK <u>TACO</u> TATER TOTS FRESH CARROTS SALSA-SOUR CREAM FRESH APPLE FRUIT JUICE  *CHICKEN STEAK* CHEESE SANDWICH	
23 CHICKEN <u>ENCHILADA</u> MASHED POTATOES BROCCOLI FRESH APPLE FRUIT JUICE  *CHICKEN* TENDERS W/ ROLL	24 PENNE ROSA <u>PASTA W/ CHICKEN</u> BREADSTICK GREEN BEANS SIDE SALAD FRESH BANANA APPLE JUICE  *BBQ* RIBLET SANDWICH	25 BROCCOLI & CHEESE & STUFF <u>BAKED POTATO</u> ORANGE GLAZE CARROTS SIDE SALAD DINNER ROLL DICED PEARS GRAPE JUICE  *SPICY* CHICKEN WRAP	26 BEEF TACO <u>MAC &amp; CHEESE</u> SIDE SALAD CELERY STICKS TACO TOPPINGS FRESH APPLE ORANGE JUICE  *TURKEY* WRAP	27 FISH STICK <u>TACO</u> FRENCH FRIES FRESH BABY CARROTS FRESH BANANA FRUIT JUICE  *CHICKEN* CHEDDAR WRAP	
30 CHICKEN <u>FAJITA</u> REFRIED BEANS BROCCOLI FRESH APPLE MIX FRUIT JUICE  *CHICKEN* TENDERS W/ ROLL	31 PENNE ROSA <u>PASTA W/ CHICKEN</u> BREAD STICK SIDE SALAD GREEN BEANS FRESH BANANA APPLE JUICE  *BBQ* RIBLET SANDWICH	TACO SALSA-LETTUCE- TOMATOES-SOUR CREAM- PEPPERS-CHEESE SPICED RICE SIDE SALAD FRESH APPLE GRAPE JUICE  *SPICY* CHICKEN WRAP	CHILI <u>MAC</u> BAKED BEANS CELERY STICKS FRESH BANANA ORANGE JUICE  *TURKEY* WRAP	FISH STICK <u>TACO</u> TATER TOTS SIDE SALAD SALSA-SOUR CREAM FRESH APPLE FRUIT JUICE  *CHICKEN* TENDERS W/ ROLL	

\*OCTOBER 2017 FUEL - WEEK OF 10-09 AND 10-16.\*

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](mailto: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.