

DECEMBER 2016

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

Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			<b>01 EGG CHEESE &amp; HAM TACO</b>  CEREAL TOAST STRING CHEESE YOGURT APPLE JUICE FRESH BANANA	<b>02 PANCAKES W/ SYRUP</b>  CEREAL CHERRY FRUDEL OATMEAL W/ CINN. SUGAR ORANGE JUICE FRESH BANANA	<p><b>MORE INFO...</b> <b>BREAKFAST</b> SERVED DAILY 7:00 AM – 8:00AM</p> <p><b>BREAKFAST PRICE</b> 1<sup>ST</sup> – NO COST</p> <p><b>BREAKFAST INCLUDES</b> Choice of Fruit + 2 FULL servings of other components. We serve Lender's Bagels, Aunt Jemima Whole Grain Pancakes, French Toast Sticks &amp; Waffles, Dannon Yogurts, Otis Spunkmeyer, Reduced Fat &amp; Whole Grain Muffins. Reduced Sugar Cereals, only Whole Grain &amp; Enriched White Breads. Plus, Yogurt Parfait. Fresh Fruit or Canned Fruit which is packed in Juice or Water with no Sugar added. Prairie Farms Hormone Free Milk. We only serve 1% white milk, skim milk or fat free chocolate milk.</p> <p><b>OR</b> <b>GRAB &amp; GO BREAKFAST &amp; A LA CART ITEMS</b></p>
<b>05 CHICKEN-HAM &amp; CHEESE ROLL</b>  CEREAL CHOCOLATE MUFFIN STRING CHEESE YOGURT GRAPE JUICE FRESH APPLE	<b>06 CORN DOG ON STICK W/ SYRUP</b>  CEREAL BAGEL STRING CHEESE YOGURT FRUIT JUICE FRESH BANANA	<b>07 EGG HUEVOS RANCHEROS</b>  CEREAL CHOCOLATE MUFFIN STRING CHEESE YOGURT ORANGE JUICE FRESH APPLE	<b>08 SOUTHWEST STRATA</b>  CEREAL GRITS STRING CHEESE BLUEBERRY MUFFIN APPLE JUICE FRESH BANANA	<b>09 WAFFELS W/ SYRUP</b>  CEREAL STRING CHEESE APPLE CINNAMON MUFFIN APPLE JUICE FRESH ORANGE	
<b>12 TONY BREAKFAST SAUSAGE PIZZA</b>  CEREAL GLAZED VANILLA DONUT STRING CHEESE YOGURT FRESH APPLE GRAPE JUICE	<b>13 FRENCH TOAST STICKS W/ SYRUP</b>  CEREAL CINNAMON RASIN BAGEL YOGURT FRESH APPLE FRUIT JUICE	<b>14 APPLE BOSCO STICKS</b>  CEREAL CHOCOLATE MUFFIN STRING CHEESE YOGURT FRESH BANANA ORANGE JUICE	<b>15 CHEESE &amp; EGG OMELET</b>  CEREAL BANANA MUFFIN STRING CHEESE YOGURT FRESH APPLE APPLE JUICE	<b>16 CHEESE &amp; SAUSAGE QUESADILLA</b>  CEREAL TOAST OATMEAL W/ RAISIN TOPPING YOGURT FRESH BANANA APPLE JUICE	
<b>19 FRENCH TOAST STICKS W/ SYRUP</b>  CEREAL BANANA MUFFIN YOGURT STRING CHEESE FRESH ORANGE GRAPE JUICE	<b>20 TONY BREAKFAST SAUSAGE PIZZA</b>  CEREAL TOAST STRING CHEESE FRESH BANANA FRUIT JUICE	<b>21 EGG &amp; CHEESE ENCHILADA</b>  CEREAL CINNAMON ORANGE GLAZED ROLL YOGURT STRING CHEESE FRESH APPLE ORANGE JUICE	<b>22</b>  <b>HAPPY HOLIDAY</b>  <b>NO SCHOOL</b>	<b>23</b>  <b>HAPPY HOLIDAY</b>  <b>NO SCHOOL</b>	
<b>26</b>  <b>HAPPY HOLIDAY</b>  <b>NO SCHOOL</b>	<b>27</b>  <b>HAPPY HOLIDAY</b>  <b>NO SCHOOL</b>	<b>28</b>  <b>HAPPY HOLIDAY</b>  <b>NO SCHOOL</b>	<b>29</b>  <b>HAPPY HOLIDAY</b>  <b>NO SCHOOL</b>	<b>30</b>  <b>HAPPY HOLIDAY</b>  <b>NO SCHOOL</b>	

SOLD AT COST

HAPPY HOLIDAY BE SAFE AND SEE YOU IN THE NEW YEAR 2017



**ARAMARK** IS your food service provider for the Proviso High School District. If you have any questions, please feel free to contact: RHOAN RUDDOCK at 708-202-3044 or ruddock-rhoan@aramark.com. And check us out at Instagram Aramark\_Proviso209

Menus are subject to change without notice.

