

JANUARY 2017

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

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MORE INFO... BREAKFAST SERVED DAILY 7:00 AM – 8:00AM BREAKFAST PRICE 1 ST – NO COST 2 ND - \$1.25 BREAKFAST INCLUDES Choice of Fruit + 2 FULL servings of other components. We serve Lender's Bagels, Aunt Jemima Whole Grain Pancakes, French toast Sticks & Waffles Dannon Yogurts, Otis Spunkmeyer, Reduced Fat & Whole Grain Muffins. Reduced Sugar Cereals, only Whole Grain & 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. OR GRAB & GO BREAKFAST & ALA CART ITEMS
02	03	04	05	06	
NO SCHOOL	NO SCHOOL	NO SCHOOL	05 PANCAKES W/ SYRUP CEREAL BLUEBERRY MUFFIN YOGURT GRAPE JUICE FRESH BANANA	06 SCRAMBLED EGG-CHEESE-SAUSAGE CEREAL ENGLISH MUFFIN HASH BROWN POTATOES ORANGE JUICE FRESH APPLE	
09 EGG & CHEESE STRATA CEREAL HOT OATMEAL W/ CINNAMON SUGAR CINNAMON RAISIN BAGEL GRAPE JUICE FRESH BANANA	10 CORN DOG ON STICK W/ SYRUP CEREAL BAGEL STRING CHEESE YOGURT FRUIT JUICE FRESH APPLE	11 EGG HUEVOS RANCHEROS CEREAL CHOCOLATE MUFFIN STRING CHEESE YOGURT ORANGE JUICE FRESH APPLE	12 MINI PANCAKES W SYRUP CEREAL OATMEAL W/ SLICED BANANAS STRING CHEESE APPLE CINN. MUFFIN APPLE JUICE FRESH BANANA	13 CHEESE CHICKEN-HAM BREAKFAST ROLL CEREAL YOGURT STRING CHEESE SUGAR DONUT APPLE JUICE FRESH ORANGE	
16 DR. MARTIN LUTHER KING JR. NO SCHOOL	17 BUILDING INSTITUTE DAY NO SCHOOL	18 FRENCH TOAST STICKS W/ SYRUP CEREAL CINN. RAISIN BAGEL STRING CHEESE YOGURT FRESH BANANA ORANGE JUICE	19 EGG & CHEESE OMELET CEREAL BANANA MUFFIN GRITS YOGURT FRESH APPLE GRAPE JUICE	20 APPLE BOSCO STICKS CEREAL TOAST OATMEAL W/ RAISIN TOPPING STRING CHEESE FRESH BANANA APPLE JUICE	
23 FRENCH TOAST STICKS W/ SYRUP CEREAL BANANA MUFFIN YOGURT STRING CHEESE FRESH APPLE GRAPE JUICE	24 TONY BREAKFAST SAUSAGE PIZZA CEREAL TOAST GRITS STRING CHEESE FRESH BANANA FRUIT JUICE	25 EGG & CHEESE ENCHILADA CEREAL CINNAMON ORANGE GLAZED ROLL YOGURT STRING CHEESE FRESH APPLE ORANGE JUICE	26 CHERRY FRUDEL CEREAL ENGLISH MUFFIN HOT OATMEAL W/ WARM CINN. APPLES FRESH ORANGE APPLE JUICE	27 EGG-CHEESE-SAUSAGE BURRITO CEREAL CINN RAISIN BAGEL YOGURT STRING CHEESE FRESH BANANA GRAPE JUICE	
30 EGG OMELET CEREAL CHOCOLAGE MUFFIN STRING CHEESE YOGURT GRAPE JUICE FRESH BANANA	31 WAFFLE W/ SYRUP CEREAL BAGEL HOT GRITS YOGURT FRUIT JUICE FRESH APPLE				

SOLD AT COST

HAPPY NEW YEAR 2017 ----- WELCOME BACK TO SCHOOL



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.

