


NOVEMBER 2016

PROVISO EAST – PROVISO WEST –

P.M.S.A.

STUDENT LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	01 SALISBURY STEAK & GRAVY EGG NOODLES GREEN BEANS FRESH ORANGE APPLE JUICE BBQ RIBLET SANDWICH	02 BEAN QUESADILLA CILANTRO RICE 3 BEAN SALAD FRESH APPLE ORANGE JUICE HOT DOG	03 TERIYAKI BROCCOLI & CHICKEN RICE CELERY STICKS APPLESAUCE ORANGE BACON CHEESEBURGER	04 BEEF NACHOS YELLOW RICE FRESH CARROTS FRESH APPLE FRUIT JUICE CHICKEN BA BOOM	WEEKLY FEATURED ITEMS: 11/7/16 CURRY CHICKEN SANDWICH 11/14/16 HUMMUS & CHICKEN WRAP ENTRE COST 1 ST - No Cost 2 ND - \$2.46 DAILY MEAL INCLUDES VEGETABLE – FRUIT – WHOLE WHEAT BREAD – CHOICE OF MILK BEVERAGE CHOICES 1% Milk, Skim White Milk and Fat Free Chocolate Prairie Farms Milk is Hormone Free Or 100% Fruit Juice – Fresh Fruit-Canned Fruit Daily Specials MTO=Made To Order Sandwiches Turkey – Ham – Salami – Tomato – Lettuce – Cheese – Olives - Jalapeno Peppers- Olives GRAB & GO SALAD A LA CARTE Baked Fries \$1.25 Ice Cream \$1.00 Baked Chips \$1.00 Gummy Fruit \$.50 Gatorade \$1.00 Izzy Drinks \$1.25 Naked Juice \$2.00 Snapple \$1.25
07 CHEESE QUESADILLA KICKN PINTO BEANS MIXED ROASTED VEGGIES FRESH APPLE FRUIT JUICE CHICKEN SALAD SANDWICH	08 COUNTRY CHICKEN NUGGET BOWL SLICED CARROTS BREADSTICKS FRESH ORANGE JUICE BBQ RIBLET SANDWICH	09 MEATBALL KOREAN STEW CILANTRO RICE CELERY STICKS FRESH BANANA GRAPE JUICE HOT DOG	10 CHICKEN FRIED RICE BROCCOLI 3 BEAN SALAD ORANGE JUICE APPLESAUCE BACON CHEESEBURGER	11 VETERAN'S DAY NO SCHOOL	
14 SPAGHETTI & MEATBALLS SIDE SALAD GREEN PEAS FRESH APPLE FRUIT JUICE CHICKEN SALAD SANDWICH	15 MAC & CHEESE GREEN BEANS RED PEPPER STRIPS APPLESAUCE FRESH ORANGE BBQ RIBLET SANDWICH	16 CHICKEN FAJITA SANTE FE RICE SIDE CHOPPED SALAD FRESH BANANA GRAPE JUICE HOT DOG	17 SPICY SZECHUAN VEGGIE W/ CHICKEN CORN CELERY STICKS ORANGE JUICE APPLESAUCE BACON CHEESEBURGER	18 SOFT BEEF TACO RICE SPINACH FRESH BABY CARROTS MANDARIN ORANGES FRUIT JUICE	
21 CHICKEN FAJITA MASHED POTATOES CORN FRESH APPLE FRUIT JUICE CHICKEN SALAD SANDWICH	22 BEEF RAVIOLI SWEET POTATOES RED PEPPER STRIPS ORANGE JUICE DICED PEACHES BBQ RIBLET SANDWICH	23 BEAN QUESADILLA CILANTRO RICE GREEN PEAS FRESH BANANA GRAPE JUICE HOT DOG	24 HAPPY THANKSGIVING 	25 THANKSGIVING HOLIDAY	
28 MEATLOAF W/ ROSEMARY GRAVY MASHED POTATOES CORN FRESH APPLE MIX FRUIT CHICKEN SALAD SANDWICH	29 CHICKEN POP BOWL DINNER ROLL 5 BEAN BLEND FRESH ORANGE APPLE JUICE BBQ RIBLET SANDWICH	30			

11-24-16 HAPPY THANKSGIVING – ENJOY YOUR HOLIDAY

FUEL



We would like to hear from you as a Parent regarding the lunch program provided by Aramark for Proviso SD #209. Please call Robert Carter 708 202-3044 follow us on INSTAGRAM: Aramark_Proviso209 Food Service Direct = Robert Carter

Menus are subject to change without notice.

