



SEPTEMBER 2016
PROVISO EAST – PROVISO WEST- P.M.S.A
STUDENT
Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>MORE INFO...</p> <p><u>BREAKFAST</u> SERVED DAILY 7:00 AM – 8:00AM</p> <p><u>BREAKFAST PRICE</u> 1ST – NO COST 2ND - \$1.25</p> <p><u>BREAKFAST INCLUDES</u> 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 We only serve 1% white milk, skim milk or fat free chocolate milk.</p> <p style="text-align: center;">OR</p> <p><u>GRAB & GO BREAKFAST & ALA CART ITEMS</u> SOLD AT COST</p>
			01 CHEESY HAM & EGG REAKFAST BURRITO CEREAL BAGEL-CREAM CHEESE CHEDDAR CUBES FRESH BANANA MILK	02 GRILLED HAM & CHEESE SANDWICH CEREAL TOAST STRING CHEESE YOGURT APPLE JUICE MILK	
HAPPY LABOR DAY	06 CHEESE CHICKEN SAUSAGE QUESIDILLA CEREAL ENGLISH MUFFIN STRING CHEESE YOGURT FRUIT JUICE MILK	07 CHEESE-HAM BREAKFAST ROLL CEREAL FRENCH TOAST CHEDDAR CUBES YOGURT ORANGE JUICE MILK	08 EGG-BACON CHEDDAR FLATBREAD CEREAL ENGLISH MUFFIN HARD BOILED EGG STRING CHEESE FRESH BANANA MILK	09 FRENCH TOAST STICKS W/SYRUP CEREAL TOAST COTTAGE CHEESE YOGURT APPLE JUICE MILK	
12 COUNTRY CHICKEN BISCUIT CEREAL CINNAMON RAISIN BAGEL BOILED EGG FRESH ORANGE GRAPE JUICE MILK	13 FIESTA EGG & CHEESE SANDWICH CEREAL ENGLISH MUFFIN STRING CHEESE YOGURT FRESH APPLE FRUIT JUICE MILK	14 CHEESY EGG BREAKFAST BURGER CEREAL TOAST COTTAGE CHEESE CANTALOE ORANGE JUICE MILK	15 GRILLED HAM CHEESE SANDWICH CEREAL ENGLISH MUFFIN CHEDDAR CUBES FRESH BANANA MILK	16 SAUSAGE BREAKFAST PIZZA CEREAL FRENCH TOAST STICKS YOGURT STRING CHEESE APPLE JUICE MILK	
19 CHEESY EGG BREAKFAST BURGER CEREAL CINNAMON RAISIN BAGEL YOGURT STRING CHEESE FRESH ORANGE GRAPE JUICE MILK	20 COUNTRY CHICKEN & CHEESE ENGLISH MUFFIN CEREAL TOAST CHEDDAR CHEESE CHUNKS FRUIT JUICE FRESH APPLE MILK	21 WAFFELS W/ SYRUP CEREAL BAGEL-CREAM CHEESE COTTAGE CHEESE YOGURT HONEYDEW MELON ORANGE JUICE MILK	22 CHEESY HAM-EGG & POTATO TACO CEREAL BISCUIT BOILED EGG YOGURT FRESH BANANA MILK	23 CHEESY-EGG SAUSAGE BURRITO CEREAL STRING CHEESE BANANA MUFFIN YOGURT HONEYDEW MELON MILK	
26 WAFFEL W/ SYRUP CEREAL ENGLISH MUFFIN CHEDDAR CHEESE CHUNKS YOGURT FRESH ORANGE MILK	27 SCRAMBLED EGGS & CHEESE W/ HASH BROWNS CEREAL CHERRY FRUDEL STRING CHEESE YOGURT FRESH APPLE FRUIT JUICE MILK	28 EGG & CHEESE BAGEL CEREAL ENGLISH MUFFIN BOILED EGG HONEYDEW MELON MILK	29 SAUSAGE & CHEESE ENGLISH MUFFIN CEREAL APPLE CHURRO COTTAGE CHEESE FRESH BANANA RAISIN MILK	30 EGG-BACON CHEDDAR FLATBREAD CEREAL CINNAMON RAISIN BAGEL STRING CHEESE HONEYDEW MELON MILK	

** HAPPY LABOR DAY **



ARAMARK IS your food service provider for the Proviso High School District. If you have any questions, please feel free to contact us at 708-202-3043. Or Carter-robert2@aramark.com (Subject Line: Feedback) or check us out at Instagram [Aramark_Proviso209](#)

Robert Carter, Food Service Director

Menus are subject to change without notice.

