



# SEPTEMBER 2016

## PROVISO EAST – PROVISO WEST

### P.M.S.A

## STUDENT LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			<b>01 <u>STIR FRY</u></b> FRIED RICE-BEEF OR CHICKEN-GREEN PEPPERS-ONION-MUSHROOM FRESH ORANGES MILK	<b>02 <u>BEEF &amp; BEAN NACHO</u></b> SPICY RICE FRESH CARROTS FRESH BANANA MILK	<b>MORE INFO...</b>  <b>ENTRÉE COST</b> 1 <sup>ST</sup> – No Cost 2 <sup>ND</sup> - \$2.46  <b>DAILY MEAL INCLUDES</b> VEGETABLE – FRUIT – WHOLE WHEAT BREAD – and CHOICE OF MILK  <b>BEVERAGE CHOICES</b> 1% Milk, Skim White Milk and Fat Free Chocolate Prairie Farms Milk is Hormone Free Or 100% Fruit Juice & Canned Fruit  <b>DAILY SPECIALS</b> MTO=Made to Order Sandwiches Turkey – Pickles – Ham – Tomato – Salami - Lettuce-Olives – Jalapeno Peppers <b>A LA CARTE:</b> 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 <b>*FUEL*</b>
<b>05</b> <div style="text-align: center; color: green; font-weight: bold;">HAPPY LABOR DAY</div>	<b>06 <u>PASTA DAY</u></b> <b>MARINARA W/ MEAT OR ALFREDO SAUCE</b> CARROTS GARLIC BREADSTICKS RED GRAPES MILK	<b>07 <u>BEAN &amp; CHEESE BURRITO</u></b> CILANTRO RICE CAMPFIRE BEANS CELERY STICKS FRESH BANANA MILK	<b>08 <u>STIR FRY</u></b> FRIED RICE-BEEF OR CHICKEN-GREEN PEPPERS-ONIONS-MUSHROOMS FRESH CARROTS RED GRAPES MILK	<b>09 <u>SOFT FISH TACO</u></b> CILANTRO RICE BROCCOLI MANDARIN ORANGES MILK	
<b>12 <u>SPICY FRITO NACHO</u></b> SPICY RICE COLE SLAW FRESH APPLES MILK	<b>13 <u>PASTA DAY</u></b> <b>MARINARA W/ MEATBALLS OR ALFREDO SAUCE</b> GREEN BEANS GARLIC BREADSTICKS FRESH ORANGE MILK	<b>14 <u>BEAN QUESADILLA</u></b> CILANTRO RICE CHOPPED SIDE SALAD FRESH BANANA MILK	<b>15 <u>STIR FRY</u></b> FRIED RICE-BEEF OR CHICKEN-GREEN PEPPERS-ONION-MUSHROOMS CELERY STICKS HONEYDEW MELON MILK	<b>16 <u>SOFT BEEF TACO</u></b> CHARRO BEANS SPINACH FRESH FRUIT SALAD MILK	
<b>19 <u>CHICKEN FAJITA</u></b> SPICY RICE CAMPFIRE BEANS FRESH BROCCOLI FRESH APPLE MILK	<b>20 <u>PASTA DAY</u></b> <b>MARINARA W/ MEAT OR ALFREDO SAUCE</b> GREEN BEANS GARLIC BREADSTICKS RED GRAPES MILK	<b>21 <u>LIME CHICKEN CHIPOTLE BURRITO</u></b> RICE CILANTRO CARROTS FRESH BANANA MILK	<b>22 <u>STIR FRY</u></b> FRIED RICE-BEEF OR CHICKEN-GREEN PEPPERS-ONIONS-MUSHROOMS CELERY STICKS HONEYDEW MELON MILK	<b>23 <u>SOFT FISH TACO</u></b> SANTE F <sub>e</sub> RICE 3 BEAN SALAD FRESH FRUIT CUP MILK	
<b>26 <u>BEEF QUESADILLA</u></b> SPICED RICE KICKIN PINTO FRESH APPLE MILK	<b>27 <u>PASTA DAY</u></b> <b>MARINARA W/ MEATBALLS OR ALFREDO SAUCE</b> GREEN BEANS GARLIC BREADSTICKS CELERY STICKS FRESH BANANA MILK	<b>28 <u>CHICKEN FAJITA</u></b> YELLOW RICE CHOP SIDE SALAD FRESH ORANGE MILK	<b>29 <u>STIR FRY</u></b> FRIED RICE-BEEF OR CHICKEN-GREEN PEPPERS-ONION-MUSHROOMS FRESH CARROTS RED GRAPES MILK	<b>30 <u>SOFT BEEF TACO</u></b> CILANTRO RICE BROCCOLI MANDARIN ORANGE MILK	

\*\* HAPPY LABOR DAY \*\*



We would like to hear from you as a parent regarding the lunch program provided by Aramark for Proviso SD #209. Please email any feedback to [carter-robert2@aramark.com](mailto:carter-robert2@aramark.com) (Subject line: Feedback)

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Menus are subject to change without notice.

