





Breakfast \$1.25  
Milk 40¢



# JANUARY 2010 PROVISO TOWNSHIP HIGH SCHOOL DISTRICT 209 BREAKFAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
4 <i>INSTITUTE DAY</i>	5 <i>INSTITUTE DAY</i>	6 BREAKFAST PIZZA OR CEREAL CHOICE 100% ORANGE JUICE	7 TOASTED BAGEL w/Cream Cheese OR CEREAL CHOICE 100% APPLE JUICE	8 WAFFLE STICKS w/Syrup OR CEREAL CHOICE 100% ORANGE JUICE
11 PANCAKES w/Syrup OR CEREAL CHOICE 100% APPLE JUICE	12 EGG & CHEESE on an English Muffin OR CEREAL CHOICE 100% ORANGE JUICE	13 FRENCH TOAST STICKS w/Syrup OR CEREAL CHOICE 100% APPLE JUICE	14 YOGURT CUP w/Graham Crackers OR CEREAL CHOICE 100% ORANGE JUICE	15 PANCAKE WRAP w/Syrup OR CEREAL CHOICE 100% APPLE JUICE  <i>HALF DAY</i>
18  <i>NO SCHOOL</i>  Martin Luther King Birthday	19 BREAKFAST PIZZA OR CEREAL CHOICE 100% APPLE JUICE	20 YOGURT CUP w/Graham Crackers OR CEREAL CHOICE 100% ORANGE JUICE	21 TOASTED BAGEL w/Cream Cheese OR CEREAL CHOICE 100% APPLE JUICE	22 WAFFLE STICKS w/Syrup OR CEREAL CHOICE 100% ORANGE JUICE
25 YOGURT CUP w/Graham Crackers OR CEREAL CHOICE 100% ORANGE JUICE	26 TOASTED BAGEL w/Cream Cheese OR CEREAL CHOICE 100% APPLE JUICE	27  FRENCH TOAST STICKS w/Syrup OR CEREAL CHOICE 100% APPLE JUICE	28 BREAKFAST PIZZA OR CEREAL CHOICE 100% APPLE JUICE	29 PANCAKES w/Syrup OR CEREAL CHOICE 100% APPLE JUICE

When it's cold outside,  
your body needs  
plenty of good fuel to  
keep you strong and  
resistant to colds and  
flu! Start each day out  
right with a good  
breakfast to keep you  
healthy!



Questions about  
the menu?

708-202-1746 East  
708-202-6217 West  
708-338-4181 PMSA

A comprehensive  
Nutrition Guide is  
available in the Food  
Service Office.



Milk variety offered daily.

\*\* Please Note \*\*

Menu changes may be necessary. Notice will be given when possible.

\* Contains Pork