



Breakfast \$1.25
Milk 40¢



OCTOBER 2009

PROVISO TOWNSHIP HIGH SCHOOL DISTRICT 209

BREAKFAST MENU



It's
frightening
not to eat a
good
breakfast!
Start the day
off right!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 TOASTED BAGEL w/Cream Cheese <i>OR CEREAL CHOICE</i> 100% ORANGE JUICE	2 YOGURT CUP w/Graham Crackers <i>OR CEREAL CHOICE</i> CHILLED FRUIT
5 BREAKFAST PIZZA <i>OR CEREAL CHOICE</i> 100% ORANGE JUICE	6 *PANCAKE WRAP w/Syrup <i>OR CEREAL CHOICE</i> 100% GRAPE JUICE	7 2 WAFFLE STICKS w/Syrup <i>OR CEREAL CHOICE</i> DICED PEACHES	8 EGG & CHEESE on an English Muffin <i>OR CEREAL CHOICE</i> 100% ORANGE JUICE	9 TOASTED BAGEL w/Butter & Jelly <i>OR CEREAL CHOICE</i> 100% GRAPE JUICE
12  COLUMBUS DAY	13 PANCAKES w/Syrup <i>OR CEREAL CHOICE</i> SWEET PEARS	14 FRENCH TOAST STICKS w/Syrup <i>OR CEREAL CHOICE</i> 100% ORANGE JUICE	15 TOASTED BAGEL w/Cream Cheese <i>OR CEREAL CHOICE</i> 100% GRAPE JUICE	16 YOGURT CUP w/Graham Crackers <i>OR CEREAL CHOICE</i> CHILLED FRUIT
19 2 WAFFLE STICKS w/Syrup <i>OR CEREAL CHOICE</i> DICED PEACHES	20 FRENCH TOAST STICKS w/Syrup <i>OR CEREAL CHOICE</i> w/Toast 100% GRAPE JUICE	21 *PANCAKE WRAP w/Syrup <i>OR CEREAL CHOICE</i> 100% APPLE JUICE	22 EGG & CHEESE on an English Muffin <i>OR CEREAL CHOICE</i> 100% APPLE JUICE	23 BREAKFAST PIZZA <i>OR CEREAL CHOICE</i> 1090% ORANGE JUICE
26 TOASTED BAGEL w/Butter & Jelly <i>OR CEREAL CHOICE</i> SWEET PEARS	27 YOGURT CUP w/Graham Crackers <i>OR CEREAL CHOICE</i> 100% ORANGE JUICE	28 FRENCH TOAST STICKS w/Syrup <i>OR CEREAL CHOICE</i> w/Toast 100% APPLE JUICE	29 BREAKFAST PIZZA <i>OR CEREAL CHOICE</i> 100% ORANGE JUICE <i>1/2 DAY FOR STUDENTS</i>	30 TOASTED BAGEL w/Cream Cheese <i>OR CEREAL CHOICE</i> 100% GRAPE JUICE <i>EARLY RELEASE</i>

Questions about the menu?
Call:
708-202-1746 East
708-202-6217 West
708-338-4181 PMSA

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

Milk Variety Served Daily

** Please Note**
Menu changes may be necessary. Notice will be given when possible.