

August 2023



ELEMENTARY

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**



PROVO CITY SCHOOL DISTRICT CHILD NUTRITION DEPARTMENT

is proud to offer exceptionally delicious and nutritious school meals. We believe that in order to feed our students' minds, we must first nourish their bodies with healthy foods. We have an amazing team of dedicated Child Nutrition professionals who take their responsibilities of feeding the future very seriously. We like to give our students the authority to choose whichever healthy foods they like best. All elementary schools offer salad bars during lunch with a wide variety of fresh fruit and vegetable options. Students also have several entrée choices daily and many of our recipes are scratch-made with good nutrition in mind. When choosing ingredients for our programs we look for foods that are lean, low-fat, low-sodium, low-sugar, and whole-grain rich. So come enjoy delicious breakfast and lunch in your school cafeteria daily!

This institution is an equal opportunity provider.

ELEMENTARY SCHOOL MEAL PRICES 23-24

FULL PAY Meal Prices:

Breakfast: **\$1.50**
Lunch: **\$2.25**
Adult Breakfast: **\$2.00**
Adult Lunch: **\$4.00**

REDUCED Meal Prices:

Breakfast: **\$0.30**
Lunch: **\$0.40**

COULD YOUR STUDENT BE ELIGIBLE FOR FREE OR REDUCED-PRICE MEALS?

Over 40% of the students in our district qualify for free or reduced-price meals.

Applying is free and easy at www.myschoolapps.com.

Meal pay status is determined based on family income.

A new meal application must be filled out each school year. Your child's meal status carries over from the previous school year but only for the first 30 days of school, then students will automatically switch to full pay status if a new application has not been filled out.

It's easy to manage your student's meal account online at www.myschoolbucks.com. Your lunch clerk at your school can also accept cash and check payments in person.

SCHOOL STARTS ON AUGUST 16th

14

15

16

17

18

Waffles

PIZZA SLICE
OR COLD SANDWICH

Breakfast Pizza

HAMBURGER
OR MUFFIN MEAL

Served with French Fries

Pancake on a Stick

CHICKEN NUGGETS
with dinner roll
OR COLD SANDWICH

Served with Cookie

21

22

23

24

25

Waffle Sticks

CHICKEN & WAFFLES
OR CORNDOG
OR COLD SANDWICH

Eggs, Ham & Hashbrown

QUESADILLA
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH
OR MUFFIN MEAL

Served with Refried Beans

Biscuits & Gravy

BAKED ZITI
with breadstick
OR PIZZA SLICE
OR COLD SANDWICH

Sunrise Breakfast Calzone

COUNTRY-FRIED CHICKEN
OR HAMBURGER
OR CHEESEBURGER
OR MUFFIN MEAL

Served with Mashed Potatoes and Gravy

Crumb Square

SWEET & SOUR
CHICKEN with rice
OR CHICKEN NUGGETS
with dinner roll
OR COLD SANDWICH

28

29

30

31

Dutch Waffle

RIB PATTY SANDWICH
OR CORNDOG
OR COLD SANDWICH

Served with French Fries

Yogurt Parfait

BEEF TACOS
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH
OR MUFFIN MEAL

Served with Spanish Rice

Breakfast Sandwich

LASAGNA
with breadstick
OR PIZZA SLICE
OR COLD SANDWICH

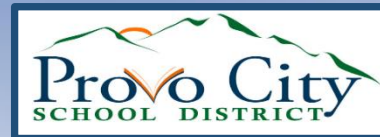
Huevos Rancheros

COUNTRY-FRIED STEAK
OR HAMBURGER
OR CHEESEBURGER
OR MUFFIN MEAL

Served with Mashed Potatoes and Gravy

STUDENTS MUST CHOOSE A ½ CUP SERVING OF FRUIT OR VEGETABLE WITH EVERY MEAL.

SEPTEMBER 2023



ELEMENTARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Come join our **AMAZING** team of **TALENTED** Child Nutrition professionals! Great work environment and schedule! Work while your kids are in school. No evenings, holidays, or weekends! **Starting pay between \$16.49 and \$17.76 per hour.**

Bagel & Cream Cheese

1

ORANGE CHICKEN with rice
OR CHICKEN NUGGETS with dinner roll
OR COLD SANDWICH

4

Labor Day
NO SCHOOL

Pancakes

5

CHICKEN NACHOS
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH
OR MUFFIN MEAL

Soft Pretzel & Cream Cheese

6

SPAGHETTI & MEATBALLS with breadstick
OR PIZZA SLICE
OR COLD SANDWICH

Country Breakfast Calzone

7

CHICKEN POTATO BOWL with dinner roll
OR HAMBURGER
OR CHEESEBURGER
OR MUFFIN MEAL
Served with Mashed Potatoes and Gravy

French Toast Sticks

8

PULLED PORK SANDWICH
OR CHICKEN NUGGETS with dinner roll
OR COLD SANDWICH
Served with Baked Beans

Waffles

11

GRILLED CHEESE SANDWICH
OR CORNDOG
OR COLD SANDWICH
Served with Chips

Cottage Cheese & Fruit

12

BURRITO BOWL
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH
OR MUFFIN MEAL

Breakfast Pizza

13

MAC & CHEESE with breadstick
OR PIZZA SLICE
OR COLD SANDWICH

Breakfast Burrito

14

BREADED CHICKEN DRUMSTICK
OR HAMBURGER
OR CHEESEBURGER
OR MUFFIN MEAL
Served with Mashed Potatoes and Gravy

Pancake on a Stick

15

TERIYAKI CHICKEN with rice
OR CHICKEN NUGGETS with dinner roll
OR COLD SANDWICH

Waffle Sticks

18

BEAN BURRITO
OR CORNDOG
OR COLD SANDWICH

Eggs, Ham & Hashbrown

19

WHITE CHICKEN CHILI with tortilla chips
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH
OR MUFFIN MEAL

Biscuits & Gravy

20

FISH STICKS with dinner roll
OR PIZZA SLICE
OR COLD SANDWICH
Served with Rice Pilaf

Sunrise Breakfast Calzone

21

TURKEY ROAST
OR HAMBURGER
OR CHEESEBURGER
OR MUFFIN MEAL
Served with Mashed Potatoes and Gravy

Crumb Square

22

SLOPPY JOE SANDWICH
OR CHICKEN NUGGETS with dinner roll
OR COLD SANDWICH
Served with Tater Tots

Dutch Waffle

25

CHICKEN & WAFFLES
OR CORNDOG
OR COLD SANDWICH

Yogurt Parfait

26

QUESADILLA
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH
OR MUFFIN MEAL
Served with Refried Beans

Breakfast Sandwich

27

BAKED ZITI with breadstick
OR PIZZA SLICE
OR COLD SANDWICH

Huevos Rancheros

28

COUNTRY-FRIED CHICKEN
OR HAMBURGER
OR CHEESEBURGER
OR MUFFIN MEAL
Served with Mashed Potatoes and Gravy

Bagel & Cream Cheese

29

SWEET & SOUR CHICKEN with rice
OR CHICKEN NUGGETS with dinner roll
OR COLD SANDWICH

ELEMENTARY SCHOOL MEAL PRICES 22-23

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WHAT CAN I EXPECT TO GET WITH MY MEALS?
During **BREAKFAST**, cereal and muffins are offered as daily alternatives to the breakfast entrée. Milk, fruit and juice are offered daily at breakfast time.

During **LUNCH**, students must choose at least 3 of the following 5 components: Low-fat milk, whole grains, fruits, vegetables, and protein. **A variety of fruits and vegetables are offered daily in salad bars.**

STUDENTS MUST CHOOSE A ½ CUP SERVING OF FRUIT OR VEGETABLE WITH EVERY MEAL.

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