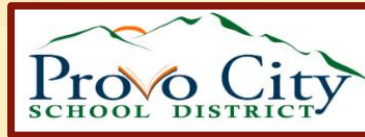


# August 2023



## HIGH SCHOOL

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.*

### HIGH SCHOOL MEAL PRICES 23-24

#### FULL PAY Meal Prices:

Breakfast:	<b>\$1.50</b>
Lunch:	<b>\$2.50</b>
Adult Breakfast:	<b>\$2.00</b>
Adult Lunch:	<b>\$4.00</b>

#### REDUCED Meal Prices:

Breakfast:	<b>\$0.30</b>
Lunch:	<b>\$0.40</b>

#### 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](http://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](http://www.myschoolbucks.com). Your lunch clerk at your school can also accept cash and check payments in person.

14

15

**SCHOOL STARTS ON AUGUST 16<sup>th</sup>**

16

Waffles

**RIB PATTY SANDWICH**  
with chips and baked beans  
OR TERIYAKI CHICKEN  
with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

17

Breakfast Pizza

**COUNTRY-FRIED STEAK**  
with dinner roll, mashed potatoes & gravy  
OR ORANGE CHICKEN  
with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

18

Pancake on a Stick

**HOT DOG**  
with sweet potato fries  
OR SWEET & SOUR  
CHICKEN with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

21

Waffle Sticks

**BREAKFAST FOR LUNCH**  
OR SWEET & SOUR  
CHICKEN with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

22

Eggs, Ham & Hashbrown

**BURRITO BOWL**  
OR GENERAL TSO'S  
CHICKEN with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

23

Biscuits & Gravy

**CHICKEN PARMESAN**  
with breadstick  
OR ORANGE CHICKEN  
with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

24

Sunrise Breakfast Calzone

**TURKEY ROAST**  
with dinner roll, mashed potatoes & gravy  
OR SPICY SICHUAN  
CHICKEN with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

25

Crumb Square

TERIYAKI CHICKEN  
with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

28

Dutch Waffle

**RIB PATTY SANDWICH**  
with french fries  
OR SWEET & SOUR  
CHICKEN with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

29

Yogurt Parfait

**CHICKEN NACHOS**  
with refried beans  
OR GENERAL TSO'S  
CHICKEN with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

30

Breakfast Sandwich

**SPAGHETTI & MEATBALLS** with breadstick & garden salad  
OR ORANGE CHICKEN  
with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

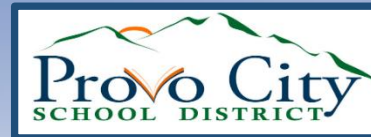
31

Huevos Rancheros

**CHICKEN POTATO BOWL** with dinner roll  
OR SPICY SICHUAN  
CHICKEN with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

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

# SEPTEMBER 2023



## HIGH SCHOOL

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.**

**1**  
Bagel & Cream Cheese  
 TERIYAKI CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**4**  
 Labor Day  
**NO SCHOOL**

**5**  
Pancakes  
**HOT DOG** with chips  
 OR SWEET & SOUR CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**6**  
Soft Pretzel & Cream Cheese  
**BAKED ZITI** with breadstick & garden salad  
 OR ORANGE CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**7**  
Country Breakfast Calzone  
**PULLED PORK PLATE** with dinner roll, mashed potatoes, gravy, & baked beans  
 OR SPICY SICHUAN CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**8**  
French Toast Sticks  
 TERIYAKI CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**11**  
Waffles  
**CHICKEN & WAFFLES**  
 OR SWEET & SOUR CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**12**  
Cottage Cheese & Fruit  
**BEEF TACOS** with spanish rice & refried beans  
 OR GENERAL TSO'S CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**13**  
Breakfast Pizza  
**MAC & CHEESE** with breadstick & broccoli  
 OR ORANGE CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**14**  
Breakfast Burrito  
**COUNTRY-FRIED STEAK** with dinner roll, mashed potatoes & gravy  
 OR SPICY SICHUAN CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**15**  
Pancake on a Stick  
 TERIYAKI CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**18**  
Waffle Sticks  
**BREADED CHICKEN DRUMSTICK** with dinner roll & spiral fries  
 OR SWEET & SOUR CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**19**  
Eggs, Ham & Hashbrown  
**WHITE CHICKEN CHILI** with tortilla chips  
 OR GENERAL TSO'S CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**20**  
Biscuits & Gravy  
**LASAGNA** with breadstick & garden salad  
 OR ORANGE CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**21**  
Sunrise Breakfast Calzone  
**COUNTRY-FRIED CHICKEN** with dinner roll, mashed potatoes & gravy  
 OR SPICY SICHUAN CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**22**  
Crumb Square  
 TERIYAKI CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**25**  
Dutch Waffle  
**BREAKFAST FOR LUNCH**  
 OR SWEET & SOUR CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**26**  
Yogurt Parfait  
**BURRITO BOWL**  
 OR GENERAL TSO'S CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**27**  
Breakfast Sandwich  
**CHICKEN PARMESAN** with breadstick  
 OR ORANGE CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**28**  
Huevos Rancheros  
**TURKEY ROAST** with dinner roll, mashed potatoes & gravy  
 OR SPICY SICHUAN CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**29**  
Bagel & Cream Cheese  
 TERIYAKI CHICKEN with rice  
 OR PIZZA SLICE  
 OR FAVORITES LINE

### 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 also offered each day at breakfast time.

**During LUNCH**, there are multiple lunch lines that operate daily. The MAIN LINE rotates through 5 weeks of delicious entrée options. The ASIAN LINE offers 5 tasty entrees that repeat weekly. The PIZZA LINE allows for students to choose pizza for lunch any day they like and the new FAVORITES LINE offers a variety of student "favorites" daily like cheeseburgers, chicken nuggets, chicken patty sandwiches, spicy chicken sandwiches, corn dogs, and grilled cheese sandwiches. Regardless of which entrée line students select, they must each choose at least 3 of the following 5 components: Low-fat milk, whole grains, fruits, vegetables, and protein. **All lines offer a variety of fruit and vegetable items daily** and each week students are offered vegetables from all of the following subgroups: Dark green, red/orange, legumes, starchy and other.

**STUDENTS MUST CHOOSE A 1/2 CUP SERVING OF FRUIT OR VEGETABLE WITH EVERY MEAL.**

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