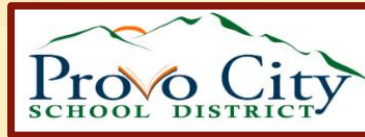


August 2023



INDEPENDENCE

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: **\$1.50**
Lunch: **\$2.50**
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.

14

SCHOOL STARTS ON AUGUST 16th

15

Waffles

16

RIB PATTY SANDWICH
with chips and baked beans
OR CORNDOG

Breakfast Pizza

17

COUNTRY-FRIED STEAK
with dinner roll, mashed potatoes & gravy
OR HAMBURGER
OR CHEESEBURGER

Pancake on a Stick

18

HOT DOG
with sweet potato fries
OR CHICKEN NUGGETS
with dinner roll

21

Waffle Sticks

BREAKFAST FOR LUNCH
OR HAMBURGER
OR CHEESEBURGER

Eggs, Ham & Hashbrown

22

BURRITO BOWL
OR CHICKEN NUGGETS
with dinner roll

Biscuits & Gravy

23

CHICKEN PARMESAN
with breadstick
OR PIZZA

Sunrise Breakfast Calzone

24

TURKEY ROAST
with dinner roll, mashed potatoes & gravy
OR CORNDOG

Crumb Square

25

SPICY SICHUAN CHICKEN *with rice*
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH

28

Dutch Waffle

RIB PATTY SANDWICH
with french fries
OR HAMBURGER
OR CHEESEBURGER

Yogurt Parfait

29

CHICKEN NACHOS
with black beans
OR CHICKEN NUGGETS
with dinner roll

Breakfast Sandwich

30

SPAGHETTI & MEATBALLS *with breadstick & garden salad*
OR PIZZA

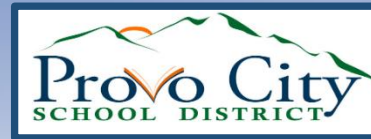
Huevos Rancheros

31

CHICKEN POTATO BOWL *with dinner roll*
OR CORNDOG

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

SEPTEMBER 2023



INDEPENDENCE

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

TERIYAKI CHICKEN with noodles

OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH

4

Labor Day
NO SCHOOL

Pancakes

5

BEAN BURRITO
OR HAMBURGER
OR CHEESEBURGER

Soft Pretzel & Cream Cheese

6

BAKED ZITI with breadstick & garden salad
OR PIZZA

Country Breakfast Calzone

7

BREADED CHICKEN DRUMSTICK with dinner roll, baked beans & sweet potato fries
OR CORNDOG

French Toast Sticks

8

ORANGE CHICKEN with rice
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH

11

Waffles

CHICKEN & WAFFLES
OR HAMBURGER
OR CHEESEBURGER

Cottage Cheese & Fruit

12

BEEF TACOS with spanish rice & refried beans
OR CHICKEN NUGGETS with dinner roll

Breakfast Pizza

13

MAC & CHEESE with breadstick & broccoli
OR PIZZA

Breakfast Burrito

14

COUNTRY-FRIED STEAK with dinner roll, mashed potatoes & gravy
OR CORNDOG

Pancake on a Stick

15

GENERAL TSO'S CHICKEN with rice
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH

18

Waffle Sticks

HOT DOG with chips and baked beans
OR HAMBURGER
OR CHEESEBURGER

Eggs, Ham & Hashbrown

19

WHITE CHICKEN CHILI with tortilla chips
OR CHICKEN NUGGETS with dinner roll

Biscuits & Gravy

20

LASAGNA with breadstick & garden salad
OR PIZZA

Sunrise Breakfast Calzone

21

COUNTRY-FRIED CHICKEN with dinner roll, mashed potatoes & gravy
OR CORNDOG

Crumb Square

22

SWEET & SOUR CHICKEN with noodles
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH

25

Dutch Waffle

BREAKFAST FOR LUNCH
OR HAMBURGER
OR CHEESEBURGER

Yogurt Parfait

26

BURRITO BOWL
OR CHICKEN NUGGETS with dinner roll

Breakfast Sandwich

27

CHICKEN PARMESAN with breadstick
OR PIZZA

Huevos Rancheros

28

TURKEY ROAST with dinner roll, mashed potatoes & gravy
OR CORNDOG

Bagel & Cream Cheese

29

SPICY SICHUAN CHICKEN with rice
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH

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**, students must choose at least 3 of the following 5 components: Low-fat milk, whole grains, fruits, vegetables, and protein. **We 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 ½ CUP SERVING OF FRUIT OR VEGETABLE WITH EVERY MEAL.

This institution is an equal opportunity provider.