

August 2023



MIDDLE

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.

MIDDLE 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 **15**
SCHOOL STARTS ON AUGUST 16th

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
SLOPPY JOE SANDWICH
with chips and baked beans
OR 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

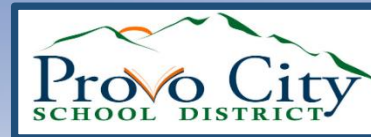
29
Yogurt Parfait
CHICKEN NACHOS
with refried beans
OR GENERAL TSO'S CHICKEN *with rice*
OR PIZZA SLICE
OR FAVORITES LINE

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



MIDDLE

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**
TACO SALAD
 OR TERIYAKI CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

4
Labor Day
NO SCHOOL

Pancakes **5**
CHICKEN & WAFFLES
 OR SWEET & SOUR CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Soft Pretzel & Cream Cheese **6**
MAC & CHEESE with breadstick
 OR ORANGE CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Country Breakfast Calzone **7**
COUNTRY-FRIED STEAK with dinner roll, mashed potatoes & gravy
 OR SPICY SICHUAN CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

French Toast Sticks **8**
PULLED PORK SANDWICH with chips and baked beans
 OR TERIYAKI CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Waffles **11**
BREADED CHICKEN DRUMSTICK with dinner roll & spiral fries
 OR SWEET & SOUR CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Cottage Cheese & Fruit **12**
WHITE CHICKEN CHILI with tortilla chips
 OR GENERAL TSO'S CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Breakfast Pizza **13**
LASAGNA with breadstick & garden salad
 OR ORANGE CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

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

Pancake on a Stick **15**
HOT DOG with chips and baked beans
 OR TERIYAKI CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Waffle Sticks **18**
BREAKFAST FOR LUNCH
 OR SWEET & SOUR CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Eggs, Ham & Hashbrown **19**
BURRITO BOWL
 OR GENERAL TSO'S CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Biscuits & Gravy **20**
CHICKEN PARMESAN with breadstick
 OR ORANGE CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

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

Crumb Square **22**
SLOPPY JOE SANDWICH with chips and baked beans
 OR TERIYAKI CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Dutch Waffle **25**
RIB PATTY SANDWICH with french fries
 OR SWEET & SOUR CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Yogurt Parfait **26**
CHICKEN NACHOS with refried beans
 OR GENERAL TSO'S CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Breakfast Sandwich **27**
SPAGHETTI & MEATBALLS with breadstick & garden salad
 OR ORANGE CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Huevos Rancheros **28**
CHICKEN POTATO BOWL with dinner roll
 OR SPICY SICHUAN CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Bagel & Cream Cheese **29**
TACO SALAD
 OR 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 4 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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