

October 2023



ELEMENTARY

Monday

Pancakes **2**
RIB PATTY SANDWICH
 OR **CORNDOG**
 OR **COLD SANDWICH**
 Served with French Fries

Waffles **9**
BREAKFAST FOR LUNCH
 (French toast sticks, eggs & ham)
 OR **CORNDOG**
 OR **COLD SANDWICH**

Pancakes **16**
GRILLED CHEESE SANDWICH
 OR **CORNDOG**
 OR **COLD SANDWICH**
 Served with Chips

FALL BREAK

Pancakes **30**
CHICKEN & WAFFLES
 OR **CORNDOG**
 OR **COLD SANDWICH**

Tuesday

Breakfast Bowl **3**
BEEF TACOS
 OR **CHICKEN PATTY SANDWICH**
 OR **SPICY CHICKEN SANDWICH**
 OR **MUFFIN MEAL**
 Served with Spanish Rice

Cottage Cheese & Fruit **10**
CHICKEN NACHOS
 OR **CHICKEN PATTY SANDWICH**
 OR **SPICY CHICKEN SANDWICH**
 OR **MUFFIN MEAL**

Eggs, Ham & Hashbrown **17**
BURRITO BOWL
 OR **CHICKEN PATTY SANDWICH**
 OR **SPICY CHICKEN SANDWICH**
 OR **MUFFIN MEAL**

FALL BREAK

Breakfast Bowl **31**
QUESADILLA
 OR **CHICKEN PATTY SANDWICH**
 OR **SPICY CHICKEN SANDWICH**
 OR **MUFFIN MEAL**
 Served with Refried Beans

Wednesday

Soft Pretzel & Cream Cheese **4**
LASAGNA
 with breadstick
 OR **PIZZA SLICE**
 OR **COLD SANDWICH**

Breakfast Pizza **11**
SPAGHETTI & MEATBALLS
 with breadstick
 OR **PIZZA SLICE**
 OR **COLD SANDWICH**

Crumb Square **18**
MAC & CHEESE
 with breadstick
 OR **PIZZA SLICE**
 OR **COLD SANDWICH**

Dutch Waffle **25**
FISH STICKS
 with dinner roll
 OR **PIZZA SLICE**
 OR **COLD SANDWICH**
 Served with Rice Pilaf

Thursday

Country Breakfast Calzone **5**
COUNTRY-FRIED STEAK
 OR **HAMBURGER**
 OR **CHEESEBURGER**
 OR **MUFFIN MEAL**
 Served with Mashed Potatoes and Gravy

Breakfast Burrito **12**
CHICKEN POTATO BOWL with dinner roll
 OR **HAMBURGER**
 OR **CHEESEBURGER**
 OR **MUFFIN MEAL**
 Served with Mashed Potatoes and Gravy

FALL BREAK

Huevos Rancheros **26**
TURKEY ROAST
 OR **HAMBURGER**
 OR **CHEESEBURGER**
 OR **MUFFIN MEAL**
 Served with Mashed Potatoes and Gravy

Friday

French Toast Sticks **6**
ORANGE CHICKEN with rice
 OR **CHICKEN NUGGETS**
 with dinner roll
 OR **COLD SANDWICH**

Pancake on a Stick **13**
PULLED PORK SANDWICH
 OR **CHICKEN NUGGETS**
 with dinner roll
 OR **COLD SANDWICH**
 Served with Baked Beans

FALL BREAK

Bagel & Cream Cheese **27**
SLOPPY JOE SANDWICH
 OR **CHICKEN NUGGETS**
 with dinner roll
 OR **COLD SANDWICH**
 Served with Tater Tots

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.

This institution is an equal opportunity provider.

Did You Know?

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



NOVEMBER 2023



ELEMENTARY



MONDAY

Provo City School District is proud to offer delicious, healthy scratch entrees and a wide variety of fresh produce options. Our meal program is truly special and unique. Follow us on Facebook at [ItsMealsProvoSchoolDistrict](https://www.facebook.com/ItsMealsProvoSchoolDistrict) to see for yourself! And come enjoy a meal with us today.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Waffles **6**

RIB PATTY SANDWICH
OR CORNDOG
OR COLD SANDWICH

Served with French Fries

Cottage Cheese & Fruit **7**

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

Soft Pretzel & Cream Cheese **1**

BAKED ZITI with breadstick
OR PIZZA SLICE
OR COLD SANDWICH

Country Breakfast Calzone **2**

COUNTRY-FRIED CHICKEN
OR HAMBURGER
OR CHEESEBURGER
OR MUFFIN MEAL

Served with Mashed Potatoes and Gravy

Breakfast Pizza **8**

LASAGNA with breadstick
OR PIZZA SLICE
OR COLD SANDWICH

Breakfast Burrito **9**

COUNTRY-FRIED STEAK
OR HAMBURGER
OR CHEESEBURGER
OR MUFFIN MEAL

Served with Mashed Potatoes and Gravy

French Toast Sticks **3**

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

Pancake on a Stick **10**

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

Pancakes **13**

BREAKFAST FOR LUNCH
OR CORNDOG
OR COLD SANDWICH

Eggs, Ham & Hashbrown **14**

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

Biscuits & Gravy **15**

SPAGHETTI & MEATBALLS with breadstick
OR PIZZA SLICE
OR COLD SANDWICH

Sunrise Breakfast Calzone **16**

TURKEY DINNER
OR HAMBURGER
OR CHEESEBURGER
OR MUFFIN MEAL

Served with All the Thanksgiving Fixin's

Crumb Square **17**

PULLED PORK SANDWICH
OR CHICKEN NUGGETS with dinner roll
OR COLD SANDWICH

Served with Baked Beans

Dutch Waffle **20**

GRILLED CHEESE SANDWICH
OR CORNDOG
OR COLD SANDWICH

Served with Chips

Bagel & Cream Cheese **21**

CHICKEN DRUMSTICK with dinner roll
OR HAMBURGER
OR CHEESEBURGER
OR MUFFIN MEAL

Served with French Fries

22

23

24

THANKSGIVING RECESS

Pancakes **27**

BEAN BURRITO
OR CORNDOG
OR COLD SANDWICH

Breakfast Bowl **28**

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

Soft Pretzel & Cream Cheese **29**

FISH STICKS with dinner roll
OR PIZZA SLICE
OR COLD SANDWICH

Served with Rice Pilaf

Country Breakfast Calzone **30**

CHICKEN POTATO BOWL with dinner roll
OR HAMBURGER
OR CHEESEBURGER
OR MUFFIN MEAL

Served with Mashed Potatoes and Gravy

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

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.**

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

This institution is an equal opportunity provider.