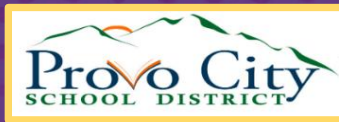


# October 2023



# HIGH SCHOOL

## Monday

Pancakes **2**  
**RIB PATTY SANDWICH**  
*with French fries*  
 OR SWEET & SOUR CHICKEN *with rice*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

Waffles **9**  
**HOT DOG** *with chips*  
 OR SWEET & SOUR CHICKEN *with noodles*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

Pancakes **16**  
**CHICKEN & WAFFLES**  
 OR SWEET & SOUR CHICKEN *with rice*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**FALL BREAK** **23**

Pancakes **30**  
**BREAKFAST FOR LUNCH**  
 OR SWEET & SOUR CHICKEN *with rice*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

## Tuesday

Breakfast Bowl **3**  
**CHICKEN NACHOS**  
*with refried beans*  
 OR GENERAL TSO'S CHICKEN *with noodles*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

Cottage Cheese & Fruit **10**  
**TACO SALAD**  
 OR GENERAL TSO'S CHICKEN *with noodles*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

Eggs, Ham & Hashbrown **17**  
**BEEF TACOS** *with Spanish rice & refried beans*  
 OR GENERAL TSO'S CHICKEN *with noodles*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**FALL BREAK** **24**

Breakfast Bowl **31**  
**BURRITO BOWL**  
 OR GENERAL TSO'S CHICKEN *with noodles*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

## Wednesday

Soft Pretzel & Cream Cheese **4**  
**SPAGHETTI & MEATBALLS** *with breadstick & garden salad*  
 OR ORANGE CHICKEN *with rice*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

Breakfast Pizza **11**  
**BAKED ZITI** *with breadstick & garden salad*  
 OR ORANGE CHICKEN *with rice*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

Crumb Square **18**  
**MAC & CHEESE** *with breadstick & broccoli*  
 OR ORANGE CHICKEN *with rice*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

Dutch Waffle **25**  
**BREADED CHICKEN DRUMSTICK** *with dinner roll & spiral fries*  
 OR SWEET & SOUR CHICKEN *with rice*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

## Thursday

Country Breakfast Calzone **5**  
**CHICKEN POTATO BOWL** *with dinner roll*  
 OR SPICY SICHUAN CHICKEN *with rice*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

Breakfast Burrito **12**  
**PULLED PORK PLATE** *with dinner roll, mashed potatoes, gravy, & baked beans*  
 OR SPICY SICHUAN CHICKEN *with rice*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**FALL BREAK** **19**

Huevos Rancheros **26**  
**COUNTRY-FRIED CHICKEN** *with dinner roll, mashed potatoes & gravy*  
 OR SPICY SICHUAN CHICKEN *with rice*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

## Friday

French Toast Sticks **6**  
**TERIYAKI CHICKEN** *with noodles*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

Pancake on a Stick **13**  
**TERIYAKI CHICKEN** *with noodles*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**FALL BREAK** **20**

Bagel & Cream Cheese **27**  
**TERIYAKI CHICKEN** *with noodles*  
 OR PIZZA SLICE  
 OR FAVORITES LINE

**Did You Know?**  
**ALL STUDENTS MUST CHOOSE A 1/2 CUP SERVING OF FRUIT OR VEGETABLE WITH EVERY MEAL.**

## 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](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.

*This institution is an equal opportunity provider.*

# NOVEMBER 2023



## HIGH SCHOOL



### 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.

#### Waffles

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

#### Pancakes

**HOT DOG** with chips  
OR SWEET & SOUR CHICKEN with noodles  
OR PIZZA SLICE  
OR FAVORITES LINE

#### Dutch Waffle

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

#### Pancakes

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

### TUESDAY

#### Cottage Cheese & Fruit

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

#### Eggs, Ham & Hashbrown

**TACO SALAD**  
OR GENERAL TSO'S CHICKEN with noodles  
OR PIZZA SLICE  
OR FAVORITES LINE

#### Bagel & Cream Cheese

**BEEF TACOS** with Spanish rice & refried beans  
OR GENERAL TSO'S CHICKEN with noodles  
OR PIZZA SLICE  
OR FAVORITES LINE

#### Breakfast Bowl

**WHITE CHICKEN CHILI** with tortilla chips  
OR GENERAL TSO'S CHICKEN with noodles  
OR PIZZA SLICE  
OR FAVORITES LINE

### WEDNESDAY

#### Soft Pretzel & Cream Cheese

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

#### Breakfast Pizza

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

#### Biscuits & Gravy

**BAKED ZITI** with breadstick & garden salad  
OR ORANGE CHICKEN with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

#### Soft Pretzel & Cream Cheese

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

### THURSDAY

#### 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

#### Breakfast Burrito

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

#### Sunrise Breakfast Calzone

**TURKEY DINNER**  
Served with All the Thanksgiving Fixin's  
OR SPICY SICHUAN CHICKEN with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

#### Country Breakfast Calzone

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

### FRIDAY

#### French Toast Sticks

**TERIYAKI CHICKEN** with noodles  
OR PIZZA SLICE  
OR FAVORITES LINE

#### Pancake on a Stick

**TERIYAKI CHICKEN** with noodles  
OR PIZZA SLICE  
OR FAVORITES LINE

#### Crumb Square

**TERIYAKI CHICKEN** with noodles  
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 ½ CUP SERVING OF FRUIT OR VEGETABLE WITH EVERY MEAL.**

**This institution is an equal opportunity provider.**