

# October 2023



# INDEPENDENCE

## Monday

Pancakes **2**  
**RIB PATTY SANDWICH**  
*with French fries*  
OR HAMBURGER  
OR CHEESEBURGER

Waffles **9**  
**BEAN BURRITO**  
OR HAMBURGER  
OR CHEESEBURGER

Pancakes **16**  
**CHICKEN & WAFFLES**  
OR HAMBURGER  
OR CHEESEBURGER

**FALL BREAK**

Pancakes **30**  
**BREAKFAST FOR LUNCH**  
OR HAMBURGER  
OR CHEESEBURGER

## Tuesday

Breakfast Bowl **3**  
**CHICKEN NACHOS**  
*with black beans*  
OR CHICKEN NUGGETS  
*with dinner roll*

Cottage Cheese & Fruit **10**  
**TACO SALAD**  
OR CHICKEN NUGGETS  
*with dinner roll*

Eggs, Ham & Hashbrown **17**  
**BEEF TACOS** *with Spanish rice & refried beans*  
OR CHICKEN NUGGETS  
*with dinner roll*

**FALL BREAK**

Breakfast Bowl **31**  
**BURRITO BOWL**  
OR CHICKEN NUGGETS  
*with dinner roll*

## Wednesday

Soft Pretzel & Cream Cheese **4**  
**SPAGHETTI & MEATBALLS** *with breadstick & garden salad*  
OR PIZZA

Breakfast Pizza **11**  
**BAKED ZITI** *with breadstick & garden salad*  
OR PIZZA

Crumb Square **18**  
**MAC & CHEESE** *with breadstick & broccoli*  
OR PIZZA

Dutch Waffle **25**  
**HOT DOG** *with chips and baked beans*  
OR HAMBURGER  
OR CHEESEBURGER

## Thursday

Country Breakfast Calzone **5**  
**CHICKEN POTATO BOWL** *with dinner roll*  
OR CORNDOG

Breakfast Burrito **12**  
**BREADED CHICKEN DRUMSTICK** *with dinner roll, baked beans & sweet potato fries*  
OR CORNDOG

**FALL BREAK**

Huevos Rancheros **26**  
**COUNTRY-FRIED CHICKEN** *with dinner roll, mashed potatoes & gravy*  
OR CORNDOG

## Friday

French Toast Sticks **6**  
**TERIYAKI CHICKEN** *with noodles*  
OR CHICKEN PATTY SANDWICH  
OR SPICY CHICKEN SANDWICH

Pancake on a Stick **13**  
**ORANGE CHICKEN** *with rice*  
OR CHICKEN PATTY SANDWICH  
OR SPICY CHICKEN SANDWICH

**FALL BREAK**

Bagel & Cream Cheese **27**  
**SWEET & SOUR CHICKEN** *with noodles*  
OR CHICKEN PATTY SANDWICH  
OR SPICY CHICKEN SANDWICH

## 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.*

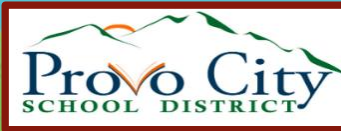


## Did You Know?

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



# NOVEMBER 2023



## INDEPENDENCE



### 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** with French fries  
 OR HAMBURGER  
 OR CHEESEBURGER

Cottage Cheese & Fruit **7**  
**CHICKEN NACHOS** with black beans  
 OR CHICKEN NUGGETS with dinner roll

Soft Pretzel & Cream Cheese **1**  
**CHICKEN PARMESAN** with breadstick  
 OR PIZZA

Country Breakfast Calzone **2**  
**BREADED CHICKEN DRUMSTICK** with dinner roll, baked beans & sweet potato fries  
 OR CORNDOG

French Toast Sticks **3**  
**SPICY SICHUAN CHICKEN** with rice  
 OR CHICKEN PATTY SANDWICH  
 OR SPICY CHICKEN SANDWICH

Pancakes **13**  
**BEAN BURRITO**  
 OR HAMBURGER  
 OR CHEESEBURGER

Eggs, Ham & Hashbrown **14**  
**TACO SALAD**  
 OR CHICKEN NUGGETS with dinner roll

Breakfast Pizza **8**  
**SPAGHETTI & MEATBALLS** with breadstick & garden salad  
 OR PIZZA

Breakfast Burrito **9**  
**CHICKEN POTATO BOWL** with dinner roll  
 OR CORNDOG

Pancake on a Stick **10**  
**TERIYAKI CHICKEN** with noodles  
 OR CHICKEN PATTY SANDWICH  
 OR SPICY CHICKEN SANDWICH

Dutch Waffle **20**  
**CHICKEN & WAFFLES**  
 OR HAMBURGER  
 OR CHEESEBURGER

Bagel & Cream Cheese **21**  
**BEEF TACOS** with Spanish rice & refried beans  
 OR CHICKEN NUGGETS with dinner roll

Biscuits & Gravy **15**  
**BAKED ZITI** with breadstick & garden salad  
 OR PIZZA

Sunrise Breakfast Calzone **16**  
**TURKEY DINNER**  
 Served with all the Thanksgiving Fixin's

Crumb Square **17**  
**ORANGE CHICKEN** with rice  
 OR CHICKEN PATTY SANDWICH  
 OR SPICY CHICKEN SANDWICH



Pancakes **27**  
**HOT DOG** with chips and baked beans  
 OR HAMBURGER  
 OR CHEESEBURGER

Breakfast Bowl **28**  
**WHITE CHICKEN CHILI** with tortilla chips  
 OR CHICKEN NUGGETS with dinner roll

Soft Pretzel & Cream Cheese **29**  
**LASAGNA** with breadstick & garden salad  
 OR PIZZA

Country Breakfast Calzone **30**  
**COUNTRY-FRIED CHICKEN** with dinner roll, mashed potatoes & gravy  
 OR CORNDOG

### 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.

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