

October 2023



MIDDLE

Monday

Pancakes **2**

CHICKEN & WAFFLES
OR SWEET & SOUR
CHICKEN with noodles
OR PIZZA SLICE
OR FAVORITES LINE

Waffles **9**

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

Pancakes **16**

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

FALL BREAK

Pancakes **30**

CHICKEN & WAFFLES
OR SWEET & SOUR
CHICKEN with noodles
OR PIZZA SLICE
OR FAVORITES LINE

Tuesday

Breakfast Bowl **3**

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

Cottage Cheese & Fruit **10**

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

Eggs, Ham & Hashbrown **17**

BURRITO BOWL
OR GENERAL TSO'S
CHICKEN with noodles
OR PIZZA SLICE
OR FAVORITES LINE

FALL BREAK

Breakfast Bowl **31**

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

Wednesday

Soft Pretzel & Cream Cheese **4**

MAC & CHEESE
with breadstick
OR ORANGE CHICKEN
with rice
OR PIZZA SLICE
OR FAVORITES LINE

Breakfast Pizza **11**

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

Crumb Square **18**

CHICKEN PARMESAN
with breadstick
OR ORANGE 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

Thursday

Country Breakfast Calzone **5**

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

Breakfast Burrito **12**

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

FALL BREAK

Huevos Rancheros **26**

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

Friday

French Toast Sticks **6**

PULLED PORK SANDWICH
with chips and baked beans
OR TERIYAKI CHICKEN
with noodles
OR PIZZA SLICE
OR FAVORITES LINE

Pancake on a Stick **13**

HOT DOG
with chips and baked beans
OR TERIYAKI CHICKEN
with noodles
OR PIZZA SLICE
OR FAVORITES LINE

FALL BREAK

Bagel & Cream Cheese **27**

TACO SALAD
OR TERIYAKI CHICKEN
with noodles
OR PIZZA SLICE
OR FAVORITES LINE

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.

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



MIDDLE



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

Cottage Cheese & Fruit **7**
WHITE CHICKEN CHILI with tortilla chips
 OR GENERAL TSO'S CHICKEN with noodles
 OR PIZZA SLICE
 OR FAVORITES LINE

Soft Pretzel & Cream Cheese **1**
MAC & CHEESE with breadstick
 OR ORANGE CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Country Breakfast Calzone **2**
COUNTRY-FRIED STEAK with dinner roll, mashed potatoes & gravy
 OR SPICY SICHUAN CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

French Toast Sticks **3**
PULLED PORK SANDWICH with chips and baked beans
 OR TERIYAKI CHICKEN with noodles
 OR PIZZA SLICE
 OR FAVORITES LINE

Pancakes **13**
BREAKFAST FOR LUNCH
 OR SWEET & SOUR CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Eggs, Ham & Hashbrown **14**
BURRITO BOWL
 OR GENERAL TSO'S CHICKEN with noodles
 OR PIZZA SLICE
 OR FAVORITES LINE

Breakfast Pizza **8**
LASAGNA with breadstick & garden salad
 OR ORANGE CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Breakfast Burrito **9**
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 **10**
HOT DOG with chips and baked beans
 OR TERIYAKI CHICKEN with noodles
 OR PIZZA SLICE
 OR FAVORITES LINE

Biscuits & Gravy **15**
CHICKEN PARMESAN with breadstick
 OR ORANGE CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Sunrise Breakfast Calzone **16**
TURKEY DINNER
 Served with All the Thanksgiving Fixin's
 OR SPICY SICHUAN CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Dutch Waffle **20**
RIB PATTY SANDWICH with French fries
 OR SWEET & SOUR CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Bagel & Cream Cheese **21**
CHICKEN NACHOS with refried beans
 OR GENERAL TSO'S CHICKEN with noodles
 OR PIZZA SLICE
 OR FAVORITES LINE

Crumb Square **17**
SLOPPY JOE SANDWICH with chips and baked beans
 OR TERIYAKI CHICKEN with noodles
 OR PIZZA SLICE
 OR FAVORITES LINE

22

23

THANKSGIVING RECESS

Pancakes **27**
CHICKEN & WAFFLES
 OR SWEET & SOUR CHICKEN with noodles
 OR PIZZA SLICE
 OR FAVORITES LINE

Breakfast Bowl **28**
BEEF TACOS with Spanish rice & corn
 OR GENERAL TSO'S CHICKEN with noodles
 OR PIZZA SLICE
 OR FAVORITES LINE

Soft Pretzel & Cream Cheese **29**
MAC & CHEESE with breadstick
 OR ORANGE CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Country Breakfast Calzone **30**
COUNTRY-FRIED STEAK with dinner roll, mashed potatoes & gravy
 OR SPICY SICHUAN 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 ½ CUP SERVING OF FRUIT OR VEGETABLE WITH EVERY MEAL.

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