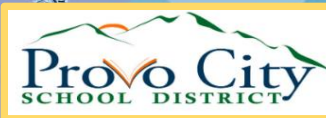


# JANUARY 2024



# ELEMENTARY

**MONDAY**

**1**

**TUESDAY**

**2**

**WEDNESDAY**

**3**

**THURSDAY**

**4**

**FRIDAY**

**5**

**1**

**2**

Pancakes  
**QUESADILLA**  
OR CHICKEN PATTY SANDWICH  
OR SPICY CHICKEN SANDWICH  
OR MUFFIN MEAL  
Served with Refried Beans

Biscuits and Gravy  
**COUNTRY-FRIED CHICKEN**  
OR HAMBURGER  
OR CHEESEBURGER  
OR MUFFIN MEAL  
Served with Mashed Potatoes and Gravy

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

Dutch Waffle  
**RIB PATTY SANDWICH**  
OR CORNDOG  
OR COLD SANDWICH  
Served with French Fries

Yogurt Parfait  
**BEEF TACOS**  
OR CHICKEN PATTY SANDWICH  
OR SPICY CHICKEN SANDWICH  
OR MUFFIN MEAL  
Served with Spanish Rice

Breakfast Sandwich  
**LASAGNA** with breadstick  
OR PIZZA SLICE

Huevos Rancheros  
**COUNTRY-FRIED STEAK**  
OR HAMBURGER  
OR CHEESEBURGER  
OR MUFFIN MEAL  
Served with Mashed Potatoes and Gravy

Bagel and Cream Cheese  
**ORANGE CHICKEN with rice**  
OR CHICKEN NUGGETS with dinner roll  
OR COLD SANDWICH

**MLK Jr. Day**

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

Soft Pretzel & cream cheese  
**SPAGHETTI & MEATBALLS** with breadstick  
OR PIZZA SLICE  
OR COLD SANDWICH

Country Breakfast Calzone  
**CHICKEN POTATO BOWL** with dinner roll  
OR HAMBURGER  
OR CHEESEBURGER  
OR MUFFIN MEAL

French Toast Sticks  
**PULLED PORK SANDWICH**  
OR CHICKEN NUGGETS with dinner roll  
OR COLD SANDWICH  
Served with Baked Beans

Breakfast Pizza  
**GRILLED CHEESE SANDWICH**  
OR CORNDOG  
OR COLD SANDWICH  
Served with Chips

Yogurt Parfait  
**BURRITO BOWL**  
OR CHICKEN PATTY SANDWICH  
OR SPICY CHICKEN SANDWICH  
OR MUFFIN MEAL

Waffles  
**MAC & CHEESE** with breadstick  
OR PIZZA SLICE  
OR COLD SANDWICH

Breakfast Burrito  
**CHICKEN DRUMSTICK** with dinner roll  
OR HAMBURGER  
OR CHEESEBURGER  
OR MUFFIN MEAL  
Served with French Fries

Pancake on a stick  
**Teriyaki CHICKEN** with rice  
OR CHICKEN NUGGETS with dinner roll  
OR COLD SANDWICH

Waffle Sticks  
**BEAN BURRITO**  
OR CORNDOG  
OR COLD SANDWICH

Eggs, Ham, & Hashbrown  
**WHITE CHICKEN CHILI** with tortilla chips  
OR CHICKEN PATTY SANDWICH  
OR SPICY CHICKEN SANDWICH  
OR MUFFIN MEAL

Biscuits and Gravy  
**FISH STICKS** with dinner roll  
OR PIZZA SLICE  
OR COLD SANDWICH  
Served with Rice Pilaf

**DID YOU KNOW?**  
ALL STUDENTS MUST CHOOSE A ½ CUP SERVING OF FRUIT OR VEGETABLE WITH EVERY MEAL.

## 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.



# December 2023



# ELEMENTARY

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## PROVO CITY SCHOOL DISTRICT CHILD NUTRITION DEPARTMENT

is proud to offer exceptionally delicious and nutritious school meals. 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!

Breakfast Pizza

**4**

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

Yogurt Parfait

**5**

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

Dutch Waffle

**6**

**BAKED ZITI**  
*with breadstick*  
**OR PIZZA SLICE**  
**OR COLD SANDWICH**

Breakfast Burrito

**7**

**COUNTRY-FRIED CHICKEN**  
**OR HAMBURGER**  
**OR CHEESEBURGER**  
**OR MUFFIN MEAL**  
*Served with Mashed Potatoes and Gravy*

Pancake on a Stick

**8**

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

Pancakes

**11**

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

Eggs, Ham, and Hashbrown

**12**

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

Biscuits and Gravy

**13**

**LASAGNA**  
*with breadstick*  
**OR PIZZA SLICE**

Sunrise Breakfast Calzone

**14**

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

Crumb Square

**15**

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

Yogurt Parfait

**18**

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

Waffles

**19**

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

Bagel and Cream Cheese

**20**

**PIZZA SLICE**  
**OR COLD SANDWICH**

**CHRISTMAS BREAK**

**25**

**26**

**27**

**28**

**29**

**CHRISTMAS BREAK**

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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.

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