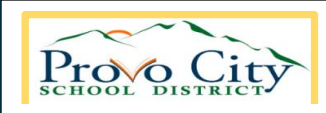


# December 2023



# HIGH SCHOOL

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## PROVO CITY SCHOOL DISTRICT CHILD NUTRITION DEPARTMENT

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.

Breakfast Pizza

**4**

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

Yogurt Parfait

**5**

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

Dutch Waffle

**6**

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

Breakfast Burrito

**7**

**TURKEY ROAST**  
OR SPICY SICHUAN CHICKEN with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

French Toast Sticks

**1**

TERIYAKI CHICKEN with noodles  
OR PIZZA SLICE  
OR FAVORITES LINE

Pancake on a Stick

**8**

TERIYAKI CHICKEN with noodles  
OR PIZZA SLICE  
OR FAVORITES LINE

Pancake

**11**

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

Eggs, Ham, & Hashbrown

**12**

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

Biscuit and Gravy

**13**

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

Sunrise breakfast Calzone

**14**

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

Crumb Square

**15**

TERIYAKI CHICKEN with noodles  
OR PIZZA SLICE  
OR FAVORITES LINE

Yogurt Parfait

**18**

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

Waffles

**19**

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

Bagels and cream Cheese

**20**

**CHICKEN & WAFFLES**  
OR ORANGE CHICKEN with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

**21**

CHRISTMAS BREAK

**22**

**25**

**26**

**27**

**28**

**29**

CHRISTMAS BREAK

### 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 1/2 CUP SERVING OF FRUIT OR VEGETABLE WITH EVERY MEAL**

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



# JANUARY 2024



# HIGH SCHOOL

## MONDAY

1

## TUESDAY

2

## WEDNESDAY

3

## THURSDAY

4

## FRIDAY

5

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

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

Crumb Square  
TERIYAKI CHICKEN with noodles  
OR PIZZA SLICE  
OR FAVORITES LINE

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

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

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

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

No School

**MLK Jr. Day**

No School

Soft Pretzel and cream cheese  
**CHICKEN PARMESAN** with breadstick  
OR ORANGE CHICKEN with rice  
OR PIZZA SLICE

Country Breakfast Calzone  
**TURKEY roast**  
OR SPICY SICHUAN CHICKEN with rice  
OR PIZZA SLICE  
OR FAVORITES LINE

French Toast sticks  
TERIYAKI CHICKEN with noodles  
OR PIZZA SLICE  
OR FAVORITES LINE

Breakfast Pizza

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

Yogurt Parfait  
**CHICKEN NACHOS** with fried beans  
OR GENERAL TSO'S CHICKEN with noodles  
OR PIZZA SLICE  
OR FAVORITES LINE

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

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

Pancake on a stick  
TERIYAKI CHICKEN with noodles  
OR PIZZA SLICE  
OR FAVORITES LINE

Waffle Sticks  
**HOT DOG** with chips  
OR SWEET & SOUR 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

Biscuits and Gravy  
**BAKED ZITI** with breadstick & garden salad  
OR ORANGE CHICKEN with rice  
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.