

December 2023



INDEPENDENCE

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
HAMBURGER
OR
CHEESEBURGER

Yogurt Parfait

5

BURRITO BOWL
OR CHICKEN NUGGETS
with dinner roll

Dutch Waffle

6

CHICKEN PARMESAN
with breadstick
OR PIZZA

Breakfast Burrito

7

Turkey Roast *with dinner roll, mashed potatoes & gravy*
OR CORNDOG

French Toast Sticks

1

SWEET & SOUR CHICKEN *with noodles*
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH

Pancake on a Stick

8

SPICY SICHUAN CHICKEN *with rice*
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH

Pancake

11

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

Eggs, Ham, & Hashbrown

12

CHICKEN NACHOS *with black beans*
OR CHICKEN NUGGETS *with dinner roll*

Biscuit and Gravy

13

SPAGHETTI & MEATBALLS *with breadstick & garden salad*
OR PIZZA

Sunrise breakfast Calzone

14

CHICKEN POTATO BOWL *with dinner roll*
OR CORNDOG

Crumb Square

15

TERIYAKI CHICKEN *with noodles*
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH

Yogurt Parfait

18

BEAN BURRITO
OR HAMBURGER
OR CHEESEBURGER

Waffles

19

TACO SALAD
OR CHICKEN NUGGETS *with dinner roll*

Bagels and cream Cheese

20

BREADED CHICKEN DRUMSTICK *with dinner roll, baked beans & sweet potato fries*
OR Pizza

CHRISTMAS BREAK

21

CHRISTMAS BREAK

22

25

26

27

28

29

CHRISTMAS BREAK

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. 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.

JANUARY 2024



INDEPENDENCE

MONDAY

1

TUESDAY

2

WEDNESDAY

3

THURSDAY

4

FRIDAY

5

Blank menu box for Monday, Day 1.

Blank menu box for Tuesday, Day 2.

Pancakes
MAC & CHEESE with breadstick & broccoli
OR PIZZA

Biscuits and Gravy
COUNTRY-FRIED Steak with dinner roll, mashed potatoes & gravy
OR CORNDOG

Crumb Square
General TSO's Chicken with rice
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH

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

Yogurt Parfait
WHITE CHICKEN CHILI with tortilla chips
OR CHICKEN NUGGETS with dinner roll

Breakfast Sandwich
LASAGNA with breadstick & garden salad
OR PIZZA

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

No School

MLK Jr. Day

No School

Soft Pretzel and cream cheese
CHICKEN PARMESAN with breadstick
OR PIZZA

Country Breakfast Calzone
Turkey Roast with dinner roll, mashed potatoes & gravy
OR CORNDOG

French Toast sticks
SPICY SICHUAN CHICKEN with rice
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH

Breakfast Pizza
RIB PATTY SANDWICH with French fries
OR HAMBURGER
OR CHEESEBURGER

Yogurt Parfait
CHICKEN NACHOS with black beans
OR CHICKEN NUGGETS with dinner roll

Waffles
SPAGHETTI & MEATBALLS with breadstick & garden salad
OR PIZZA

Breakfast Burrito
CHICKEN POTATO BOWL with dinner roll
OR CORNDOG

Pancake on a stick
TERIYAKI CHICKEN with noodles
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH

Waffle Sticks
BEAN BURRITO
OR HAMBURGER
OR CHEESEBURGER

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

Biscuits and Gravy
BAKED ZITI with breadstick & garden salad
OR PIZZA

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

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

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