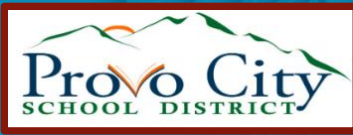


December 2023



MIDDLE

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.

4
Breakfast Pizza
BREADED CHICKEN DRUMSTICK with dinner roll & spiral fries
OR SWEET & SOUR CHICKEN with rice
OR PIZZA SLICE
OR FAVORITES LINE

5
Yogurt Parfait
WHITE CHICKEN CHILI with tortilla chips
OR GENERAL TSO'S CHICKEN with noodles
OR PIZZA SLICE
OR FAVORITES LINE

6
Dutch Waffle
LASAGNA with breadstick & garden salad
OR ORANGE CHICKEN with rice
OR PIZZA SLICE
OR FAVORITES LINE

7
Breakfast Burrito
COUNTRY-FRIED CHICKEN with dinner roll, mashed potatoes & gravy
OR SPICY SICHUAN CHICKEN with rice
OR PIZZA SLICE
OR FAVORITES LINE

8
Pancake on a Stick
HOT DOG with chips and baked beans
OR TERIYAKI CHICKEN with noodles
OR PIZZA SLICE
OR FAVORITES LINE

11
Pancakes
BREAKFAST FOR LUNCH
OR SWEET & SOUR CHICKEN with rice
OR PIZZA SLICE
OR FAVORITES LINE

12
Eggs, ham, & Hashbrown
BURRITO BOWL
OR GENERAL TSO'S CHICKEN with noodles
OR PIZZA SLICE
OR FAVORITES LINE

13
Biscuits and Gravy
CHICKEN PARMESAN with breadstick
OR ORANGE CHICKEN with rice
OR PIZZA SLICE
OR FAVORITES LINE

14
Sunrise breakfast Calzone
Turkey Roast with dinner roll, mashed potatoes & gravy
OR SPICY SICHUAN CHICKEN with rice
OR PIZZA SLICE
OR FAVORITES LINE


15
Crumb Square
SLOPPY JOE SANDWICH with chips and baked beans
OR TERIYAKI CHICKEN with noodles
OR PIZZA SLICE
OR FAVORITES LINE

18
Yogurt Parfait
RIB PATTY SANDWICH with French fries
OR SWEET & SOUR CHICKEN with rice
OR PIZZA SLICE
OR FAVORITES LINE

19
Waffles
CHICKEN NACHOS with refried beans
OR GENERAL TSO'S CHICKEN with noodles
OR PIZZA SLICE
OR FAVORITES LINE



20
Bagels and cream cheese
CHICKEN & WAFFLES
OR ORANGE CHICKEN with rice
OR PIZZA SLICE
OR FAVORITES LINE



21

CHRISTMAS BREAK


22



CHRISTMAS BREAK


25

CHRISTMAS BREAK


26

CHRISTMAS BREAK


27

CHRISTMAS BREAK


28

CHRISTMAS BREAK


29

CHRISTMAS BREAK

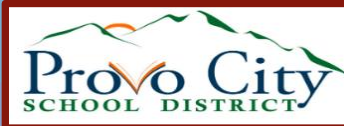

WHAT CAN I EXPECT TO GET WITH MY MEALS?

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 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 1/2 CUP SERVING OF FRUIT OR VEGETABLE WITH EVERY MEAL. This institution is an equal opportunity provider.

JANUARY 2024



MIDDLE

MONDAY

1

TUESDAY

2

WEDNESDAY

3

THURSDAY

4

FRIDAY

5

Dutch Waffle

8

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

Yogurt Parfait

9

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

Breakfast Sandwich

10

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

Huevos Rancheros

11

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

No School

12

MLK Jr. Day

15

No School

16

Soft Pretzel & Cream Cheese
CHICKEN PARMESAN with breadstick
 OR ORANGE CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

17

Country Breakfast Calzone
TURKEY Roast with dinner roll, mashed potatoes & gravy
 OR SPICY SICHUAN CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

18

French Toast Stick
SLOPPY JOE SANDWICH with chips and baked beans
 OR TERIYAKI CHICKEN with noodles
 OR PIZZA SLICE
 OR FAVORITES LINE

19

Breakfast Pizza

22

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

Yogurt Parfait

23

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

Waffles

24

Spaghetti and Meatballs with breadstick & garden salad
 OR ORANGE CHICKEN with rice
 OR PIZZA SLICE
 OR FAVORITES LINE

Breakfast Burrito

25

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

Pancake on a stick

26

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

Waffle Sticks

29

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

Eggs, Ham, & Hashbrown

30

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

Biscuits and Gravy

31

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

DID YOU KNOW?

ALL STUDENTS MUST CHOOSE A ½ CUP SERVING OF FRUIT OR VEGETABLE WITH EVERY MEAL.

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.