

JANUARY 2024

MONDAY

1

TUESDAY

2

WEDNESDAY

3

THURSDAY

4

FRIDAY

5

Dutch Waffle

8

RIB PATTY SANDWICH
OR CORNDOG
OR COLD SANDWICH

Served with French Fries

Yogurt Parfait

9

BEEF TACOS
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH
OR MUFFIN MEAL

Served with Spanish Rice

Breakfast Sandwich

10

LASAGNA
with breadstick
OR PIZZA SLICE

Served with Refried Beans

Huevos Rancheros

11

COUNTRY-FRIED STEAK
OR HAMBURGER
OR CHEESEBURGER
OR MUFFIN MEAL

Served with Mashed Potatoes and Gravy

No
School

12

MLK
Jr. Day

15

No
School

16

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

17

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

18

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

19

Breakfast Pizza

22

GRILLED CHEESE SANDWICH
OR CORNDOG
OR COLD SANDWICH

Served with Chips

Yogurt Parfait

23

BURRITO BOWL
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH
OR MUFFIN MEAL

Waffles

24

MAC & CHEESE
with breadstick
OR PIZZA SLICE
OR COLD SANDWICH

Breakfast Burrito

25

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

Pancake on a stick

26

Teriyaki CHICKEN
with rice
OR CHICKEN NUGGETS
with dinner roll
OR COLD SANDWICH

Waffle Sticks

29

BEAN BURRITO
OR CORNDOG
OR COLD SANDWICH

Eggs, Ham, & Hashbrown

30

WHITE CHICKEN CHILI
with tortilla chips
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN SANDWICH
OR MUFFIN MEAL

Biscuits and Gravy

31

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?

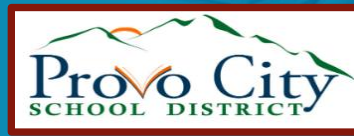
During **BREAKFAST**, cereal and muffins are offered as daily alternatives to the breakfast entrée. Milk, fruit and juice are offered daily at breakfast time.

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

21



22

25



26



27



28



29



CHRISTMAS BREAK

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**

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.

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