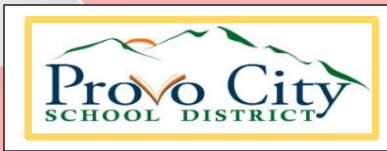


# February 2024



# 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](#) to see for yourself! And come enjoy a meal with us today.

Dutch Waffle

5

**Burrito**  
**OR HAMBURGER**  
**OR CHEESEBURGER**

Yogurt parfait

6

**Cheese Quesadilla**  
**OR CHICKEN NUGGETS**  
*with dinner roll*

Breakfast pizza

7

**Hot dog**  
**OR PIZZA**

Sunrise breakfast calzone

1

**COUNTRY-FRIED Steak**  
**OR CORN DOG**  
*With mashed potatoes and steamed carrots*

Crumb Square

2

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

Pancakes

12

**BREAKFAST FOR LUNCH**  
**OR HAMBURGER**  
**OR CHEESEBURGER**

Breakfast Bowl

13

**BURRITO BOWL**  
**OR CHICKEN NUGGETS**  
*with dinner roll*

Soft pretzel and cream cheese

14

**CHICKEN PARMESAN**  
*with breadstick*  
**OR PIZZA**  
*With strawberry milk and pink sugar cookie*

Country breakfast calzone

15

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

French toast sticks

16

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

Yogurt parfait

20

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

Breakfast burrito

21

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

Breakfast pizza

22

**CHICKEN POTATO BOWL** *with dinner roll*  
**OR CORNDOG**

Pancake on a stick

23

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

Waffle sticks

26

**BEAN BURRITO**  
**OR HAMBURGER**  
**OR CHEESEBURGER**

Eggs, ham, and hashbrown

27

**TACO SALAD**  
**OR CHICKEN NUGGETS**  
*with dinner roll*

Biscuits and gravy

28

**BAKED ZITI** *with breadstick & garden salad*  
**OR PIZZA**

Breakfast sandwich

29

**BREADED CHICKEN DRUMSTICK**  
**OR CORN DOG**  
*With mashed potatoes and steamed carrots*

## 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?

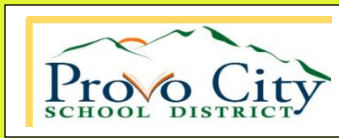
Over 40% of the students in our district qualify for free or reduced-price meals. Applying is free and easy at [www.myschoolapps.com](http://www.myschoolapps.com). Meal pay status is determined based on family income.

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.*

# March 2024



# independence



## MONDAY

Dutch Waffle

4

**CHICKEN AND WAFFLES**  
OR **HAMBURGER**  
OR **CHEESEBURGER**

Breakfast Bowl

11

**HOT DOG** with chips  
and baked beans  
OR **HAMBURGER**  
OR **CHEESEBURGER**

No  
School

18

Crumb square

25

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

## TUESDAY

Yogurt parfait

5

**BEEF TACOS**  
OR **CHICKEN NUGGETS**  
with dinner roll

Pancakes

12

**WHITE CHICKEN CHILI**  
with tortilla chips  
OR **CHICKEN NUGGETS**  
with dinner roll

Yogurt parfait

19

**BURRITO BOWL**  
OR **CHICKEN NUGGETS**  
with dinner roll

Eggs, ham, and hashbrown

26

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

## WEDNESDAY

Breakfast sandwich

6

**MAC & CHEESE**  
with breadstick & broccoli  
OR **PIZZA**

Soft pretzel and cream cheese

13

**LASAGNA** with  
breadstick & garden salad  
OR **PIZZA**

Breakfast burrito

20

**CHICKEN PARMESAN**  
with breadstick  
OR **PIZZA**

Bicuits and gravy

27

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

## THURSDAY

### Did you know?

All students must choose a ½ C serving of fruit or vegetable with every meal

Huevos Rancheros

7

**COUNTRY-FRIED Steak**  
OR **CORN DOG**  
With mashed potatoes and steamed carrots

Country breakfast calzone

14

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

Breakfast pizza

21

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

Breakfast sandwich

28

**CHICKEN POTATO BOWL** with dinner roll  
OR **CORNDOG**

## FRIDAY

Crumb square

1

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

Bagel and cream cheese

8

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

No  
School

15

Pancake on a stick

22

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

Waffle sticks

29

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

During LUNCH, students must 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

JOIN OUR TEAM!

We're seeking Cooks, Prep Cooks, Cashiers and Clerks positions. These part-time roles are ideal for those who want to have weekends and holidays off, and be home when kids are home from school.

Starting at \$16.49 per hour for Prep Cooks and Cashiers, and \$17.76 for Cooks and Clerks, our Child Nutrition employees are well-compensated. Join our incredible team today!

Fill out an application at: [provo.applicantportal.com](http://provo.applicantportal.com)

This institution is an equal opportunity provider.