

April 2024



INDEPENDENCE

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

~SPRING BREAK~

Pancakes

8

CHICKEN AND WAFFLES
OR HAMBURGER
OR CHEESEBURGER
**Carrot sticks*

Breakfast bowl

9

BEEF TACOS w/ rice
OR CHICKEN NUGGETS w/ dinner roll
**Refried beans*

Breakfast sandwich

10

MAC & CHEESE w/ garlic parmesan breadstick
OR PIZZA SLICE
**Steamed broccoli*

Eggs, Ham and hashbrown

11

COUNTRY FRIED STEAK
OR CORN DOG
**Mashed potatoes & gravy, steamed carrots*

French toast sticks

12

GENERAL TSO'S CHICKEN w/rice
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN PATTY SANDWICH
**Fresh baked cookie*

Waffles

15

HOT DOG
OR HAMBURGER
OR CHEESEBURGER
**chips, baked beans*

Yogurt parfait

16

WHITE CHICKEN CHILI w/tortilla chips
OR CHICKEN NUGGETS w/ dinner roll
**Carrot sticks*

Breakfast pizza

17

LASAGNA w/garlic parmesan breadstick
OR PIZZA SLICE
**garden salad, celery sticks*

Breakfast burrito

18

COUNTRY FRIED CHICKEN
OR CORN DOG
**Mashed potatoes & gravy, steamed green beans*

Pancake on a stick

19

SWEET & SOUR CHICKEN w/rice
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN PATTY SANDWICH
**Homemade pudding*

Soft pretzel and cream cheese

22

BREAKFAST FOR LUNCH
OR HAMBURGER
OR CHEESEBURGER
**sweet potato fries*

Eggs, ham and hashbrown

23

BURRITO BOWL
OR CHICKEN NUGGETS w/ dinner roll
**Steamed corn*

Biscuits and gravy

24

CHICKEN PARMESAN w/ garlic parmesan breadstick
OR PIZZA SLICE
**steamed broccoli*

Breakfast ham sandwich

25

TURKEY ROAST
OR CORN DOG
**Mashed potatoes & gravy, steamed carrots*

Confetti pancakes

26

GENERAL TSO'S CHICKEN w/rice
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN PATTY SANDWICH
**slushies*

Dutch waffle

29

RIB PATTY SANDWICH
OR HAMBURGER
OR CHEESEBURGER
**Waffle fries*

Orange creamsicle smoothie

30

NACHOS
OR CHICKEN NUGGETS w/ dinner roll
**Black beans*

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. 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.

May 2024

INDEPENDENCE

Monday

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Provo City School District 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!

Breakfast pizza **1**
SPAGHETTI & MEATBALLS
w/garlic parmesan breadstick
OR PIZZA SLICE
**garden salad, celery sticks*

Huevos rancheros **2**
CHICKEN POTATO BOWL *w/dinner roll*
OR CORN DOG
**Steamed carrots*

Bagel and cream cheese **3**
TERIYAKI CHICKEN *w/rice*
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN PATTY SANDWICH
**Jello*

Breakfast sausage sandwich **6**
BEAN BURRITO
OR HAMBURGER
OR CHEESEBURGER
**Waffle fries*

Breakfast bowl **7**
TACO SALAD
OR CHICKEN NUGGETS *w/ dinner roll*
**Carrot sticks*

Pancakes **8**
BAKED ZITI *w/ garlic parmesan breadstick*
OR PIZZA SLICE
**garden salad, sliced red peppers*

Eggs, ham and hashbrown **9**
BREADED CHICKEN DRUMSTICK
OR CORN DOG
**Baked beans*

French toast sticks **10**
ORANGE CHICKEN
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN PATTY SANDWICH
**Fresh baked cookie*

Waffles **13**
BAKED POTATO BAR
OR HAMBURGER
OR CHEESEBURGER
**Mixed vegetables*

Yogurt parfait **14**
TRAVELING TACO
OR CHICKEN NUGGETS
**dinner roll, edamame*

Breakfast pizza **15**
CHICKEN ALFREDO
OR PIZZA SLICE
**steamed broccoli*

Breakfast burrito **16**
MESQUITE GLAZED CHICKEN DRUMSTICK
OR CORN DOG
**Mashed potatoes & gravy, steamed carrots*

Pancake on a stick **17**
SWEET & SOUR CHICKEN
OR CHICKEN PATTY SANDWICH
OR SPICY CHICKEN PATTY SANDWICH
**Homemade pudding*

Soft Pretzel and cream cheese **20**
CHICKEN & WAFFLES
OR HAMBURGER
OR CHEESEBURGER
**Carrot sticks*

Orange creamsicle smoothie **21**
BEEF TACOS *w/ rice*
OR CHICKEN NUGGETS
w/ dinner roll
**Refried beans*

Biscuits and gravy **22**
MAC & CHEESE *w/ garlic parmesan breadstick*
OR PIZZA SLICE
**Steamed broccoli*

Breakfast ham sandwich **23**
COUNTRY FRIED STEAK
OR CORN DOG
**Mashed potatoes & gravy, steamed carrots*

Confetti pancakes **24**
SANDWICH SACK LUNCH *w/ chips, carrot sticks, fruit, string cheese, milk choice*
**Slushies*

27

28

29

30

31

~SUMMER 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, 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 ½ CUP SERVING OF FRUIT OR VEGETABLE WITH EVERY MEAL.

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