

SEPTEMBER 2022

K-6 LUNCH

Monday

Tuesday

Wednesday

Thursday

Friday

NOW HIRING CHILD NUTRITION EMPLOYEES!

Looking for smiling faces to join our positive environment and award winning team in the Provo City School District Child Nutrition Department. **NO EVENINGS, HOLIDAYS OR WEEKENDS!** Apply online today at: <https://provo.applicantportal.com/search.php>

5

Labor Day
NO SCHOOL

6

BEAN & CHEESE BURRITO
Yogurt Cup
Garden Salad
Seasonal Fresh Fruit
Salsa
Ranch Dressing Cup
1% Milk
Chocolate Milk
Skim Milk

7

CHICKEN POTATO BOWL*
Whole Grain Breadstick
Seasonal Fresh Fruit
BBQ Sauce Cup
Chocolate Milk
1% Milk
Skim Milk

8

DEEP DISH HAM & RICE
Chocolate Chip Cookie
California Blend Veg
Seasonal Fresh Fruit
Chocolate Milk
1% Milk
Skim Milk

9

HAMBURGER
Sunchips, Flavor Variety
Lettuce, Pickle, Tomato
Garnish
Carrot Sticks
Seasonal Fresh Fruit
Mustard Packet
Ranch Dressing Cup
Chocolate Milk
1% Milk
Skim Milk

12

WHOLE GRAIN MINI
CORNDOGS*
Pudding Cup, Flavor Variety
Carrots
Seasonal Fresh Fruit
Ketchup
Mustard Packet
Chocolate Milk
1% Milk
Skim Milk

13

TERIYAKI CHICKEN*
Brown Rice (1 c)
Fortune Cookie
Steamed Broccoli
Seasonal Fresh Fruit
Chocolate Milk
1% Milk
Skim Milk

14

HAWAIIAN HAYSTACK
Hawaiian Haystack Toppings
Seasonal Fresh Fruit
Chocolate Milk
1% Milk
Skim Milk

15

SLOPPY JOE SANDWICH*
Baked Beans
Steamed Summer Squash
Seasonal Fresh Fruit
Chocolate Milk
1% Milk
Skim Milk

16

WHOLE GRAIN CHICKEN
NUGGETS
Crinkle Cut Sweet Potato
Fries
Whole Grain Breadstick
Seasonal Fresh Fruit
Ketchup
Fry Sauce Cup
BBQ Sauce Cup
Ranch Dressing Cup
Chocolate Milk
1% Milk
Skim Milk

19

FISH WEDGE*
Rice Pilaf
Lemon Slice
California Blend Veg
Seasonal Fresh Fruit
Tartar Sauce
Chocolate Milk
1% Milk
Skim Milk

20

CHICKEN PATTY SANDWICH
Chips, Flavor Variety
Carrot Sticks
Lettuce, Pickle, Tomato
Garnish
Seasonal Fresh Fruit
BBQ Sauce Cup
Chocolate Milk
1% Milk
Skim Milk

21

TURKEY ROAST, white & dark
meat
Whole Grain Breadstick
Mashed Potatoes
Turkey Gravy
Steamed Green Beans
Seasonal Fresh Fruit
Chocolate Milk
1% Milk
Skim Milk

22

BEEF TACOS
Refried Beans
Steamed Corn
Seasonal Fresh Fruit
Salsa
1% Milk
Chocolate Milk
Skim Milk

23

WHOLE GRAIN MACARONI &
CHEESE*
Double Fudge Cookie
Steamed Broccoli
Seasonal Fresh Fruit
Chocolate Milk
1% Milk
Skim Milk

26

WHOLE GRAIN CHEESE PIZZA
WHOLE GRAIN PEPPERONI
PIZZA
Yogurt Cup
Seasonal Fresh Fruit
Ranch Dressing Cup
1% Milk
Chocolate Milk
Skim Milk

27

WHITE CHICKEN CHILI*
Tortilla Chips
Salsa
Celery Sticks
Seasonal Fresh Fruit
Chocolate Milk
1% Milk
Skim Milk

28

WHOLE GRAIN LASAGNA*
Garlic Parmesan Breadstick
Garden Salad
Seasonal Fresh Fruit
Ranch Dressing Cup
1% Milk
Chocolate Milk
Skim Milk

29

CHICKEN BURRITO BOWL*
Steamed Corn
Seasonal Fresh Fruit
Salsa
Chocolate Milk
1% Milk
Skim Milk

30

CHICKEN & WAFFLES
Sliced Cucumbers
Seasonal Fresh Fruit
Syrup Cup
BBQ Sauce Cup
1% Milk
Chocolate Milk
Skim Milk

This institution
is an equal
opportunity
provider.

