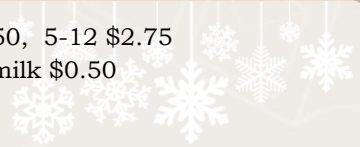


December 2020

PARK CITY SCHOOLS



Lunch Prices: K-4 \$2.50, 5-12 \$2.75
Adults \$3.75 Extra milk \$0.50



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Reference: USDA MyPlate

Monday



Tuesday

Wednesday

Thursday

Friday

Fish Nuggets, 1
Mac & Cheese, Peas,
Oranges and Milk

Calzones, Pasta 2
Salad, Garlic Bread,
Fruit Salad and Milk

Hot Dogs, 3
Baked Beans,
Fruit Salad and Milk

Taco Soup, 4
Corn Bread, Banana
and Milk

Pulled Pork 7
Sandwiches, Coleslaw,
Apples

Chicken Nuggets, 8
Smiley Potatoes,
Oranges and Milk

Ravioli, 9
Garlic Bread, Mixed
Veggies, Grapes
and Milk

Chicken Fried 10
Steak, Potato Salad,
Banana and Milk

Walking Tacos, 11
Pears, Mexi-Cali Corn
and Milk

Sloppy Joes, Chips, 14
Apples and Milk

Corn Dogs, 15
Baked Beans, Oranges
and Milk

Lasagna, 16
Bread Sticks, Corn,
Grapes and Milk

Scalloped Potatoes & 17
Ham, Dinner Roll,
Carrots, Bananas and
Milk

Chili, 18
Cinnamon Rolls, Pears,
Salad Mix and Milk

Hot Ham & Cheese, 21
Cooks Choice on Fruits
& Veggies and Milk

Chicken Alfredo, 22
Bread Sticks, Cooks
Choice on Fruits &
Veggies and Milk

NO SCHOOL 23

NO SCHOOL 24

NO SCHOOL 25

NO SCHOOL 28

NO SCHOOL 29

NO SCHOOL 30

NO SCHOOL 31

