

SEPTEMBER 2021

PARK CITY SCHOOLS

LUNCH



LUNCH IS FREE FOR 0-18
EXTRA MILK IS \$0.50

MENU IS SUBJECT TO CHANGE!



September is Whole Grains Month! 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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Alfredo,
Broccoli,
Breadsticks,
Whole Apples and Milk

1

BBQ Riblets,
French Fries,
Biscuit,
Grapes and Milk

2

Calzones,
Veggies,
Bananas,
Chocolate Pudding and Milk

3

Labor Day
No School

6

Burritos with Cheese,
Mixed Veggies,
Cinnamon Pears,
and Milk

7

Chicken Tenders,
Potato Wedges,
Corn on the Cob,
Oranges and Milk

8

Mac and Cheese w/
Smokies, Green Beans,
Dinner Roll,
Watermelon and Milk

9

Sub Sandwiches,
Chips, Carrots,
Apple, Cookie
and Milk

10

Hot Dogs or Corn Dogs,
Baked Beans,
Tropical Fruit Cocktail,
Cookie and Milk

13

Beef or Chicken Soft
Tacos, Southwest
Veggies, Pears
and Milk

14

BBQ Pulled Pork
Sandwich, Coleslaw,
Grapes, Jello and Milk

15

Popcorn Chicken,
Curly Fries, Apples,
Brownies and Milk

16

Spaghetti,
Veggies, Banana,
Garlic Bread and Milk

17

Cheeseburgers,
French Fries, Peaches,
Cookie and Milk

20

Fiesta Pizza,
Corn, Pears,
Ice Cream and Milk

21

Tater Tot Casserole,
Corn Bread, Grapes
and Milk

22

Orange Chicken,
Rice, Broccoli,
Apples, Fortune Cookies
and Milk

23

Pizza Stix,
Veggies, Pineapple,
Rice Krispy Treat and Milk

24

PIR Day
No School

27

Super Nachos,
Refried Beans, Peaches,
Churros and Milk

28

Fish Sticks, Smiley Fries,
Melon Medley,
Rice Krispy Treat and Milk

29

Scalloped Potatoes & Ham,
Dinner Roll, Peas,
Pineapple and Milk

30