

September 2019

PARK CITY SCHOOLS

LUNCH



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



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

NO SCHOOL

2

Tuesday

Beef Tacos, Corn,
Salad Bar, Fruit, Milk

3

Wednesday

Chicken Drum Stick
Potato, Salad Bar,
Fruit & Milk

4

Thursday

Chili, Cinnamon
Rolls, Salad Bar,
Fruit & Milk

5

Friday

Italian Dunkers,
Salad Bar, Fruit &
Milk

6

Chicken Nuggets,
Fries, Salad Bar,
Fruit & Milk

9

Super Nachos,
Salad Bar, Fruit &
Milk

10

Chicken Alfredo,
Bread Sticks, Salad Bar,
Fruit & Milk

11

Hot Ham &
Cheese, Chips,
Salad Bar, Fruit & Milk

12

Pigs in a Blanket,
Veggie, Salad Bar,
Fruit & Milk

13

Mac & Cheese w/
Smokies, Veggie,
Salad Bar, Fruit & Milk

16

Chicken Fajita,
Salad Bar, Fruit
& Milk

17

Tortellini,
Breadsticks, Salad Bar,
Fruit & Milk

18

Hamburgers,
Potato Wedges,
Salad Bar, Fruit & Milk

19

Teriyaki Chicken,
Rice, Egg Roll, Salad
Bar, Fruit & Milk

20

Spaghetti, Garlic
Bread, Salad Bar,
Fruit & Milk

23

Walking Taco,
Salad Bar, Fruit
& Milk

24

Corn Dogs, Veggie,
Salad Bar, Fruit
& Milk

25

Pizza, Salad Bar,
Fruit & Milk

26

Sloppy Joes, Veggie,
Salad Bar, Fruit
& Milk

27

NO SCHOOL

30

