

# September 2020

## 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

### Tuesday

### Wednesday

### Thursday

### Friday

**NO SCHOOL**

7

Pulled Pork Sandwiches, Coleslaw, Whole Apples & Brownies

8

Chicken Drum Stick, Chips, Grapes & Milk

9

Pizza Pretzels, Pasta Salad, Bananas & Milk

10

Sloppy Joes, Potato Salad, Peaches & Milk

11

Turkey & Cheese Sandwich, Chips, Apples, Vanilla Pudding & Milk

14

Spaghetti, Salad Mix, Grapes & Milk

15

Corn Dogs, Baked Beans, Applesauce & Milk

16

Chili, Cinnamon Rolls, Banana & Milk

17

Scalloped Potatoes & Ham, Broccoli, Oranges & Milk

18

Philly Sandwich, Celery, Apple Crisp & Milk

21

Walking Taco, Cinnamon Pears & Milk

22

Tomato Macaroni Soup, Cheesy Breadsticks, Grapes & Milk

23

Pork Chop Sandwich, Chips, Bananas & Milk

24

Mini Pizza, Caesar Salad, Pineapple & Milk

25

**NO SCHOOL**

28

Hot Ham & Cheese, Carrots, Applesauce, Snickerdoodle Cookies & Milk

29

Chicken Alfredo, Broccoli, Pears & Milk

30

