

# JUNE 2023



# SUMMER

**MONDAY**    **TUESDAY**    **WEDNESDAY**    **THURSDAY**    **FRIDAY**

## Did you know?

June used to be the 4th month of the year. Before Julius Caesar came to power, the calendar year only had 10 months.

**1**    **2**  
**SUMMER MEALS BEGIN ON JUNE 5<sup>th</sup>**  
**COME JOIN US!!!**

<b>5</b> Dutch Waffle <b>PIZZA SLICE</b> OR MUFFIN MEAL Yogurt, Fruit Options, Veggie Options, & Milk	<b>6</b> Breakfast Bowl <b>PULLED PORK SANDWICH</b> OR COLD SANDWICH Baked Beans, Fruit Options, Veggie Options, & Milk	<b>7</b> Yogurt Parfait <b>CHICKEN NUGGETS</b> OR MUFFIN MEAL Breadstick, Fruit Options, Veggie Options, & Milk	<b>8</b> Ham & Cheese Sandwich <b>HOT DOG</b> OR COLD SANDWICH Chips, Watermelon Pizza, Fruit Options, Veggie Options, & Milk	<b>9</b> NO MEALS ON FRIDAYS
<b>12</b> French Toast Sticks <b>MINI CORNDOGS</b> OR MUFFIN MEAL Pudding, Fruit Options, Veggie Options, & Milk	<b>13</b> Breakfast Sandwich <b>BEEF TACOS</b> OR COLD SANDWICH Spanish Rice, Fruit Options, Veggie Options, & Milk	<b>14</b> Waffles <b>CHICKEN POTATO BOWL</b> OR MUFFIN MEAL Breadstick, Fruit Options, Veggie Options, & Milk	<b>15</b> Pancake on a Stick <b>CHEESEBURGER</b> OR COLD SANDWICH Fries, Fruit Kabobs, Veggie Options, & Milk	<b>16</b> NO MEALS ON FRIDAYS
<b>19</b> OBSERVANCE OF JUNETEENTH NO MEALS	<b>20</b> Pancakes <b>QUESADILLA</b> OR MUFFIN MEAL Refried Beans, Slushie, Fruit Options, Veggie Options, & Milk	<b>21</b> Eggs & Sausage <b>MAC &amp; CHEESE</b> OR MUFFIN MEAL Steamed Broccoli, Fruit Options, Veggie Options, & Milk	<b>22</b> Breakfast Pizza <b>SPICY CHICKEN SANDWICH</b> OR COLD SANDWICH Chips, Watermelon Wedge, Veggie Options, & Milk	<b>23</b> NO MEALS ON FRIDAYS
<b>26</b> Dutch Waffle <b>PIZZA SLICE</b> OR MUFFIN MEAL Yogurt, Fruit Options, Veggie Options, & Milk	<b>27</b> Breakfast Bowl <b>PULLED PORK SANDWICH</b> OR COLD SANDWICH Baked Beans, Fruit Options, Veggie Options, & Milk	<b>28</b> Yogurt Parfait <b>CHICKEN NUGGETS</b> OR MUFFIN MEAL Breadstick, Fruit Options, Veggie Options, & Milk	<b>29</b> Ham & Cheese Sandwich <b>HOT DOG</b> OR COLD SANDWICH Chips, Watermelon Pizza, Fruit Options, Veggie Options, & Milk	<b>30</b> NO MEALS ON FRIDAYS

Provo City School District is proud to offer **FREE BREAKFAST** and **LUNCH** to all **CHILDREN** 18 years of age and younger at the following locations this summer:

- FRANKLIN Elementary
- PROVO PEAKS Elementary
- PROVOST Elementary
- SPRING CREEK Elementary
- SUNSET VIEW Elementary
- TIMPANOGOS Elementary
- INDEPENDENCE High School
- PROVO High School

Each child is eligible for a **FREE BREAKFAST** and a **FREE LUNCH DAILY Monday through Thursday** from June 5<sup>th</sup> through July 20<sup>th</sup>. All children in the community are welcome to attend. See district website for meal service schedules and additional information.

[www.provo.edu](http://www.provo.edu)

PROVO CITY SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER.

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<b>3</b> OBSERVANCE OF INDEPENDENCE DAY NO MEALS	<b>4</b>	<b>5</b> Waffles <b>MINI CORNDOGS</b> OR MUFFIN MEAL Pudding, Fruit Options, Veggie Options, & Milk	<b>6</b> Pancake on a Stick <b>CHEESEBURGER</b> OR COLD SANDWICH Fries, Fruit Kabobs, Veggie Options, & Milk	<b>7</b> NO MEALS ON FRIDAYS
<b>10</b> Pancakes <b>QUESADILLA</b> OR MUFFIN MEAL Refried Beans, Slushie, Fruit Options, Veggie Options, & Milk	<b>11</b> Eggs & Sausage <b>ORANGE CHICKEN &amp; RICE</b> OR COLD SANDWICH Fruit Options, Veggie Options, & Milk	<b>12</b> French Toast Sticks <b>MAC &amp; CHEESE</b> OR MUFFIN MEAL Steamed Broccoli, Fruit Options, Veggie Options, & Milk	<b>13</b> Breakfast Pizza <b>SPICY CHICKEN SANDWICH</b> OR COLD SANDWICH Chips, Watermelon Wedge, Veggie Options, & Milk	<b>14</b> NO MEALS ON FRIDAYS
<b>17</b> Dutch Waffle <b>PIZZA SLICE</b> OR MUFFIN MEAL Yogurt, Fruit Options, Veggie Options, & Milk	<b>18</b> Breakfast Bowl <b>PULLED PORK SANDWICH</b> OR COLD SANDWICH Baked Beans, Fruit Options, Veggie Options, & Milk	<b>19</b> Yogurt Parfait <b>CHICKEN NUGGETS</b> OR MUFFIN MEAL Breadstick, Fruit Options, Veggie Options, & Milk	<b>20</b> Ham & Cheese Sandwich <b>HOT DOG</b> OR COLD SANDWICH Chips, Watermelon Pizza, Fruit Options, Veggie Options, & Milk	<b>21</b> NO MEALS ON FRIDAYS
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>

**MEALS END AFTER JULY 20<sup>th</sup>. Be safe and enjoy the rest of your summer!**

## Did you know?

July has some pretty delicious month-long observances, too! In the US, at least there are three, in particular, that stand out – It's National Watermelon Month, National Hot Dog Month, and National Ice Cream Month. Yum!

During LUNCH, students must choose at least 3 of the following 5 components: Low-fat milk, whole grains, fruits, vegetables, and protein-rich foods. When selecting ingredients and creating recipes for our program we look for foods that are **lean, low-fat, low-sodium, low-sugar, and whole grain rich**.

Students are able to choose whichever healthy foods they like best but all students must take a half cup of fruit or vegetable with every meal.

Free meals are for children 18 years of age or younger **ONLY** and **must be consumed on site**. Adults may purchase a breakfast for \$2.00 or a lunch for \$4.00.

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