

AUGUST 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DO I NEED TO FILL OUT A MEAL APPLICATION THIS YEAR?

Parents are encouraged to complete a free and reduced meal application. While it isn't necessary to fill out an application in order to receive **one free breakfast and one free lunch for each student each school day**, households must submit a Free or Reduced Meal Benefit Application (or directly certify) to qualify for Pandemic EBT funds, fee waivers, or any other local, state, or federal programs that require such status.

[Access monthly menus, nutrition information, carb counts and allergy information online or on your phone.](#) Download the app and visit our district website. There is a clickable link on our Child Nutrition Webpage and the app can be downloaded on iPhone or Android under the title "[Web Menus for School Nutrition.](#)"

WE'RE HIRING!

No evenings, weekends, or holidays!
\$13.50 starting wage.
One FREE meal per work day when you work in the child nutrition department. Apply online today at www.slcschools.org.

2021-2022 MEAL PRICES

ALL STUDENTS, regardless of income status may receive one **FREE** breakfast and one **FREE** lunch each day they attend school during the 2021-2022 school year.

ADULT MEALS & 2nd STUDENT MEALS

Breakfast	\$2.50
Lunch	\$3.50

During **BREAKFAST**, cereal and muffins are offered as daily alternatives to the breakfast entrée. Milk, fruit and juice are offered daily at breakfast time.

During **LUNCH**, students must choose at least 3 of the following 5 components: *Low-fat milk, whole grains, fruits, vegetables, and protein.* When choosing ingredients and entrees to serve 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.

½ CUP OF FRUIT OR VEGETABLE MUST BE TAKEN WITH EACH MEAL.

MENU IS SUBJECT TO CHANGE.

SCHOOL STARTS 8/24

23

Pancakes

CHICKEN NUGGETS
OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Peaches, Milk

24

Breakfast Pizza

POPCORN CHICKEN & WAFFLES
OR MUFFIN BASKET
OR MEAT & CRACKERS LUNCHABLE

Syrup, Broccoli, Applesauce, Milk

25

French Toast Sticks

GRILLED CHEESE & TOMATO SOUP
OR MUFFIN BASKET
OR TURKEY SANDWICH
Corn, Mixed Fruit, Orange Slices, Lettuce, Pickle, Tomato, Milk

26

Dutch Waffle

BREADED CHICKEN SANDWICH
OR SPICY CHICKEN SANDWICH
OR EZ JAMMER
Chips, Lettuce, Pickle, Tomato, Milk

27

30

Pancakes

DRUMSTICK with CORN MUFFIN
OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Corn, Peaches, Milk

31

Breakfast Pizza

PIZZA
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

Cookie, Strawberries, Apple, Broccoli, Lettuce, Pickle, Tomato, Milk

The first day of school is AUGUST 24th.

This institution is an equal opportunity provider.

September 2021

Monday

This institution is an equal opportunity provider.

MENU IS SUBJECT TO CHANGE.

Tuesday

Wednesday

Thursday

Friday

French Toast Sticks **1**
CHICKEN POTATO BOWL
OR MUFFIN BASKET
OR MEAT & CRACKERS LUNCHABLE
Dinner Roll, Green Beans, Applesauce, Milk

Biscuits & Gravy **2**
MAC & CHEESE
OR MUFFIN BASKET
OR TURKEY SANDWICH
Mixed Fruit, Lettuce, Pickle, Tomato, Milk

Mini Waffles **3**
CORN DOG
OR EZ JAMMER
Chips, Milk

LABOR DAY
NO SCHOOL

Pancakes **7**
HOT DOG
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH
French Fries, Lettuce, Pickle, Tomato, Pears, Milk

Breakfast Pizza **8**
TERIYAKI CHICKEN & RICE
OR MUFFIN BASKET
OR MEAT & CRACKERS LUNCHABLE
Green Beans & Carrots, Applesauce, Milk

French Toast Sticks **9**
CHICKEN NUGGETS
OR MUFFIN BASKET
OR TURKEY SANDWICH
Rice Krispies Treat, Corn, Mixed Fruit, Lettuce, Pickle, Tomato, Milk

Dutch Waffle **10**
CHEESEBURGER
OR HAMBURGER
OR EZ JAMMER
Chips, Lettuce, Pickle, Tomato, Milk

Pancakes **13**
CHILI & CHIPS
OR MUFFIN BASKET
OR PIZZA LUNCHABLE
Green Beans, Peaches, Milk

Breakfast Pizza **14**
PIZZA
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH
Corn, Strawberries, Apple, Lettuce, Pickle, Tomato, Milk

French Toast Sticks **15**
COUNTRY FRIED STEAK
OR MUFFIN BASKET
OR MEAT & CRACKERS LUNCHABLE
Dinner Roll, Mashed Potatoes, Gravy, Broccoli, Applesauce, Milk

Biscuits & Gravy **16**
CHEESE ENCHILADAS
OR MUFFIN BASKET
OR TURKEY SANDWICH
Pudding, Pears, Salsa, Lettuce, Pickle, Tomato, Milk

Mini Waffles **17**
BREADED CHICKEN SANDWICH
OR SPICY CHICKEN SANDWICH
OR EZ JAMMER
Chips, Lettuce, Pickle, Tomato, Milk

Sausage Egg Slider **20**
FISH NUGGETS
OR MUFFIN BASKET
OR PIZZA LUNCHABLE
Tartar Sauce, Mixed Fruit, Milk

Pancakes **21**
BREADED CHEESE STICKS
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH
Marinara, Lettuce, Pickle, Tomato, Corn, Peaches, Milk

Breakfast Pizza **22**
ORANGE CHICKEN & RICE
OR MUFFIN BASKET
OR MEAT & CRACKERS LUNCHABLE
Green Beans & Carrots, Applesauce, Milk

French Toast Sticks **23**
CORN DOG
OR EZ JAMMER
Chips, Milk

Non-Student Day
NO SCHOOL

Pancakes **27**
CHALUPA
OR MUFFIN BASKET
OR PIZZA LUNCHABLE
Corn, Peaches, Salsa, Milk

Breakfast Pizza **28**
HOT HAM & CHEESE CROISSANT
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH
Strawberries, Green Beans, Lettuce, Pickle, Tomato, Milk

French Toast Sticks **29**
TURKEY ROAST
OR MUFFIN BASKET
OR MEAT & CRACKERS LUNCHABLE
Dinner Roll, Mashed Potatoes, Gravy, Broccoli, Applesauce, Milk

Biscuits & Gravy **30**
PIZZA
OR MUFFIN BASKET
OR TURKEY SANDWICH
Cookie, Mixed Fruit, Lettuce, Pickle, Tomato, Milk

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