

JANUARY 2022



Monday

Breakfast Burrito **3**

CHICKEN NUGGETS
OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Peaches, Milk

Pancakes **10**

DRUMSTICK with CORN MUFFIN
OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Green Beans, Peaches, Milk

17

Martin Luther King, Jr. Day
NO SCHOOL

Pancakes **24**

HOT DOG
OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Potato Wedges, Peaches, Milk

31

Breakfast Burrito
BREADED CHEESE STICKS
OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Marinara, Mixed Fruit, Milk

Tuesday

Pancakes **4**

CHEESE STUFFED STICKS
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

Cookie, Lettuce, Pickle, Tomato, Broccoli, Pears, Milk

Breakfast Pizza **11**

MAC & CHEESE
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

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

18

Pancakes
POPCORN CHICKEN & WAFFLES
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

Corn, Pears, Lettuce, Pickle, Tomato, Milk

25

Breakfast Pizza
PIZZA
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

Strawberries, Green Beans, Lettuce, Pickle, Tomato, Apple, Milk

Wednesday

Breakfast Pizza **5**

SLOPPY JOES
OR MUFFIN BASKET
OR MEAT & CRACKERS LUNCHABLE

French Fries, Corn, Applesauce, Milk

French Toast Sticks **12**

CHICKEN POTATO BOWL
OR MUFFIN BASKET
OR MEAT & CRACKERS LUNCHABLE

Dinner Roll, Corn Applesauce, Milk

19

Breakfast Pizza
TERIYAKI CHICKEN & RICE
OR MUFFIN BASKET
OR MEAT & CRACKERS LUNCHABLE

Green Beans & Carrots, Applesauce, Milk

26

French Toast Sticks
COUNTRY FRIED STEAK
OR MUFFIN BASKET
OR MEAT & CRACKERS LUNCHABLE

Dinner Roll, Mashed Potatoes, Gravy, Broccoli, Applesauce, Milk

Thursday

French Toast Sticks **6**

GRILLED CHEESE & TOMATO SOUP
OR NACHO CHEESE & CHIPS
OR TURKEY SANDWICH

Green Beans & Carrots, Mixed Fruit, Orange Slices, Lettuce, Pickle, Tomato, Milk

Biscuits & Gravy **13**

PIZZA
OR NACHO CHEESE & CHIPS
OR TURKEY SANDWICH

Mixed Fruit, Apple, Milk, Lettuce, Pickle, Tomato

20

French Toast Sticks
CHICKEN NUGGETS
OR NACHO CHEESE & CHIPS
OR TURKEY SANDWICH

Rice Krispies Treat, Mixed Fruit, Lettuce, Pickle, Tomato, Milk

27

Biscuits & Gravy
CHEESE ENCHILADAS
OR NACHO CHEESE & CHIPS
OR TURKEY SANDWICH

Cookie, Salsa, Pears, Lettuce, Pickle, Tomato, Milk

Friday

Dutch Waffle **7**

BREADED CHICKEN SANDWICH
OR EZ JAMMER

Chips, Lettuce, Pickle, Tomato, Carrots, Apple, Milk

Mini Waffles **14**

CORN DOG
OR EZ JAMMER

Chips, Baby Carrots, Apple, Milk

21

Dutch Waffle
BEEF RIB SANDWICH
OR EZ JAMMER

Chips, Lettuce, Pickle, Tomato, Baby Carrots, Apple, Milk

28

Mini Waffles
BREADED CHICKEN SANDWICH
OR EZ JAMMER

Chips, Lettuce, Pickle, Tomato, Baby Carrots, Apple, Milk

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.

Salad bar is offered daily. Items may vary from site to site. See interactive menus on district website for additional nutritional information. <https://www.slcschools.org/departments/child-nutrition/menus-common-concerns>

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

This institution is an equal opportunity provider.

MENU IS SUBJECT TO CHANGE.