

September 2022

This institution is an equal opportunity provider.

MENU IS SUBJECT TO CHANGE.



Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

The Romans often associated different months with different gods. September is associated with Vulcan, the Roman god of fire.

**LABOR DAY
"NO SCHOOL"**

5

Breakfast Pizza

MAC AND CHEESE
OR ASST. MUFFIN BASKET
OR TURKEY HAM & CHEESE SANDWICH

Steamed Broccoli,
Strawberry Celebration
Cookie, Lettuce, Pickle,
Tomato, Milk

6

French Toast Sticks

PIZZA
OR CORN MUFFIN BASKET
OR TURKEY & CHEESE LUNCHABLE

Applesauce Cup, Corn,
Milk

7

French Toast Sticks

1

SLOPPY JOES
OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

Strawberry Slice, Corn
Potato Wedge, Lettuce,
Pickle, Tomato, Milk

Dutch Waffle

2

BREADED CHICKEN SANDWICH
OR EZ JAMMER

Chips, Mixed Berry Cup,
Lettuce, Pickle, Tomato,
Milk

Mini Waffles

9

CHEESE BURGER OR HAMBURGER
OR EZ JAMMER

Chips, Lettuce, Pickle,
Tomato, Strawberry Cup,
Milk

Biscuits & Gravy

8

CHICKEN POTATO BOWL
OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

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

Breakfast Burrito

12

POPCORN CHICKEN w/WAFFLE
OR MUFFIN BASKET ASST.
OR PIZZA LUNCHABLE

Steamed Broccoli,
Peaches, Snickerdoodle,
Syrup Cup, Milk

Pancakes

13

CHILI w/CHIPS & CHEESE
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

Pears, Corn, Lettuce,
Pickle, Tomato, Milk

Breakfast Pizza

14

CHICKEN NUGGETS & CORN MUFFIN
OR CORN MUFFIN BASKET
OR TURKEY & CHEESE LUNCHABLE

Strawberry Slice, Ketchup
BBQ Sauce, Milk

French Toast Sticks

15

TERIYAKI CHICKEN & RICE
OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

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

Dutch Waffle

16

BEEF RIB-BQ SANDWICH
OR EZ JAMMER

Chips, Mixed Berry Cup,
Ketchup, Mustard, Milk

Pancakes

19

HOT DOG
OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Potato Wedges,
Peaches, Milk

Biscuits & Gravy

20

PIZZA
OR ASST. MUFFIN BASKET
OR TURKEY HAM SANDWICH

Lettuce, Tomato, Pickle
Green Beans, Strawberry
Slice, Apple, Milk

French Toast Sticks

21

CHEESE ENCHILADAS
OR CORN MUFFIN BASKET
OR TURKEY SANDWICH

Salsa, Applesauce Cup,
Milk

Breakfast Pizza

22

COUNTRY FRIED STEAK
OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

Dinner Roll, Broccoli,
Mashed Potatoes, Gravy,
Broccoli, Pears, Lettuce,
Tomato, Pickle, Cookie, Milk

Mini Waffles

23

SPICY/REG CHICKEN SANDWICH
OR EZ JAMMER

Chips, Lettuce, Pickle,
Tomato, Strawberry
Cup,, Milk

Breakfast Burrito

26

Breaded Cheesestick
OR ASST. MUFFIN BASKET
OR PIZZA LUNCHABLE

Marinara, Mixed Fruit,
Milk

Pancakes

27

FISH NUGGETS w/ROLL
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

Lettuce, Pickle, Tomato,
Corn, Peaches, Milk

Breakfast Pizza

28

CHICKEN NUGGETS & CORN MUFFIN
OR CORN MUFFIN BASKET
OR TURKEY & CHEESE LUNCHABLE

Strawberry Slice, Broccoli,
Applesauce Cup, Milk

French Toast Sticks

29

CORN DOG
OR EZ JAMMER

Chips, Mixed Berry Cup,
Milk

30

NO SCHOOL

2022-2023 MEAL PRICES

PAID ELEMENTARY MEALS

Breakfast \$1.00
Lunch \$2.00

ADULT MEALS & 2nd STUDENT MEALS

Breakfast \$2.75
Lunch \$3.75

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. All students must take a fruit or vegetable with every meal.

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/dpartments/child-nutrition/menus-common-concerns>

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