

October 2022

This institution is an equal opportunity provider.

MENU IS SUBJECT TO CHANGE.



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MONDAY

Pancakes

3

BEAN & CHEESE BURRITO

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Corn, Peaches, Salsa, Milk

Breakfast Burrito

10

CHICKEN NUGGETS & CORN MUFFIN

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Peaches, Ketchup, BBQ Sauce, Milk

Pancakes

17

DRUMSTICK W/CORN MUFFIN

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Green Beans, Peaches, Milk

Breakfast Burrito

24

POPCORN CHICKEN w/WAFFLE

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Steamed Broccoli, Peaches, Snickerdoodle, Syrup Cup, Milk

Pancakes

31

HOT DOG

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Potato Wedges, Peaches, Frosted Cookie, Milk

TUESDAY

Bicuits & Gravy

4

PIZZA

OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

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

Pancakes

11

CHEESE STUFFED STICKS

OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

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

Breakfast Pizza

18

MAC AND CHEESE

OR MUFFIN BASKET
OR TURKEY HAM & CHEESE SANDWICH

Broccoli, Strawberry Slice, Cookie, Lettuce, Pickle, Tomato, Milk

Pancakes

25

CHILI w/CHIPS & CHEESE

OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

Pears, Corn, Lettuce, Pickle, Tomato, Milk

WEDNESDAY

French Toast Sticks

5

BBQ CHICKEN FILET

OR CORN MUFFIN BASKET
OR TURKEY & CHEESE LUNCHABLE

Roll, Mashed Potato, Country Gravy, Broccoli, Applesauce Cup, Milk

Breakfast Pizza

12

SPICY/REG CHICKEN SANDWICH

OR EZ JAMMER

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

French Toast Sticks

19

PIZZA

OR CORN MUFFIN BASKET
OR TURKEY & CHEESE LUNCHABLE

Applesauce Cup, Corn, Milk

Breakfast Pizza

26

CHICKEN NUGGETS & CORN MUFFIN

OR CORN MUFFIN BASKET
OR TURKEY & CHEESE LUNCHABLE

Strawberry Slice, Ketchup, BBQ Sauce, Milk

THURSDAY

Breakfast Pizza

6

GRILLED CHEESE W/ TOMATO SOUP

OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

Lettuce, Pickle, Tomato, Mixed Fruit, Snickerdoodle, Milk

Breakfast Pizza

13

FALL BREAK

Biscuits & Gravy

20

CHICKEN POTATO BOWL

OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

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

French Toast Sticks

27

TERIYAKI CHICKEN & RICE

OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

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

FRIDAY

Mini Waffles

7

CHEESE BURGER OR HAMBURGER

OR EZ JAMMER

Chips, Lettuce, Pickle, Tomato, Ketchup, Mustard, Mayo, Strawberry Cup, Milk

Breakfast Pizza

14

FALL BREAK

Mini Waffles

21

CHEESE BURGER OR HAMBURGER

OR EZ JAMMER

Chips, Lettuce, Pickle, Tomato, Ketchup, Mustard, Mayo, Strawberry Cup, Milk

Dutch Waffle

28

BEEF RIB-BQ SANDWICH

OR EZ JAMMER

Chips, Mixed Berry Cup, Ketchup, Mustard, Milk

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

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

Did you know?

October has two strikingly different birth flowers: the pastel-hued cosmos, and the radiant marigold.

