

NOVEMBER 2022

This institution is an equal opportunity provider.

MENU IS SUBJECT TO CHANGE.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast Burrito

CHEESE STUFFED STICKS
OR MUFFIN BASKET
OR PIZZA LUNCHABLE
Mixed Fruit, Marinara Sauce Cup, Milk

Pancakes

BEAN & CHEESE BURRITO
OR MUFFIN BASKET
OR PIZZA LUNCHABLE
Corn, Peaches, Salsa, Milk

Breakfast Burrito

CHICKEN NUGGETS & CORN MUFFIN
OR MUFFIN BASKET
OR PIZZA LUNCHABLE
Peaches, Ketchup, BBQ Sauce, Milk

Pancakes

DRUMSTICK W/ CORN MUFFIN
OR MUFFIN BASKET
OR PIZZA LUNCHABLE
Green Beans, Peaches, Milk

Mini Bagel w/Milk, Banana, Applesauce

GRILLED CHEESE
Apple, Carrots, Snap Peas, Strawberry Cup, Chips, Milk
GRAB & GO MEAL SERVICE
All school kitchens open for meal pickup from 9 a.m. until 11 a.m.

Pancakes

FISH NUGGETS & DINNER ROLL
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH
Lettuce, Tomato, Pickle, Corn, Peaches, Tartar Sauce, Milk

Biscuits & Gravy

PIZZA
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH
Lettuce, Tomato, Pickle, Broccoli, Strawberry Slice, Milk

Pancakes

SPICY/REG CHICKEN SANDWICH
OR EZ JAMMER
Chips, Lettuce, Pickle, Tomato, Mixed Berry Cup, Milk

Breakfast Pizza w/ Sausage

MAC AND CHEESE
OR MUFFIN BASKET
OR TURKEY HAM & CHEESE SANDWICH
Broccoli, Strawberry Slice, Cookie, Lettuce, Pickle, Tomato, Milk

French Toast Sticks

CHEESE ENCHILADAS
OR CORN MUFFIN BASKET
OR LUNCHABLE TURKEY & CHEESE
Salsa, Applesauce Cup, Milk

Breakfast Pizza w/ sausage

CHICKEN NUGGETS & CORN MUFFIN
OR MUFFIN BASKET
OR TURKEY & CHEESE LUNCHABLE
Broccoli, Applesauce, Milk, BBQ Sauce, Strawberry cup.

French Toast Sticks

CHICKEN FILET
OR CORN MUFFIN BASKET
OR TURKEY & CHEESE LUNCHABLE
Roll, Mashed Potato, Turkey Gravy, Green Beans, Stuffing Applesauce Cup, Cranberry, Pudding Pie, Milk

French Toast Sticks

PIZZA
OR CORN MUFFIN BASKET
OR TURKEY & CHEESE LUNCHABLE
Applesauce Cup, Corn, Milk

Breakfast Pizza

COUNTRY FRIED STEAK
OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH
Roll, Broccoli, Mashed Potatoes, Gravy, Broccoli, Pears, Lettuce, Tomato, Pickle, Cookie, Milk

French Toast Sticks

ORANGE CHICKEN W/ RICE
OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH
Lettuce, Tomato, Pickle, Green Beans/Carrots,

Breakfast Pizza w/ Sausage

GRILLED CHEESE W/ TOMATO SOUP
OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH
Lettuce, Pickle, Tomato, Mixed Fruit, Snickerdoodle, Milk

Mini Waffles

SPICY/REG CHICKEN SANDWICH
OR EZ JAMMER
Chips, Lettuce, Pickle, Tomato, Strawberry Cup, Milk

Dutch Waffle

CORN DOG
OR EZ JAMMER
Chips, Mixed Berry Cup, Ketchup, Mustard, Milk

Mini Waffles

CHEESE BURGER OR HAMBURGER
OR EZ JAMMER
Chips, Lettuce, Pickle, Tomato, Ketchup, Mustard, Mayo, Strawberry Cup, 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>

1/2 CUP OF FRUIT OR VEGETABLE MUST BE TAKEN WITH EACH MEAL

Did you know?

The full moon in November is traditionally called the Beaver Moon in the US.