

# December 2022

This institution is an equal opportunity provider.



MENU IS SUBJECT TO CHANGE.

Monday

Tuesday

Wednesday

Thursday

Friday

## Did you know?

The month of December originally had just 30 days according to the early Roman calendar.

Breakfast Burrito

5

**POPCORN CHICKEN & WAFFLES**

OR MUFFIN BASKET  
OR PIZZA LUNCHABLE

Broccoli, Peaches, Snickerdoodle Cookie, Syrup Cup, Milk

Pancakes

6

**CHILI w/ CHIPS & CHEESE**

OR MUFFIN BASKET  
OR TURKEY HAM SANDWICH

Lettuce, Tomato, Pickle, Corn, Pears, Milk

Breakfast Pizza

7

**CHICKEN NUGGETS & CORN MUFFIN**

OR MUFFIN BASKET  
OR TURKEY & CHEESE LUNCHABLE

Strawberry Slices, Ketchup, BBQ Sauce, Milk

Biscuits & Gravy

1

**CHICKEN POTATO BOWL**

OR NACHO CHEESE & CHIPS  
OR TURKEY HAM SANDWICH

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

Mini Waffles

2

**CHEESE BURGER OR HAMBURGER**

OR EZ JAMMER

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

Pancake on a Stick

12

**HOT DOG**

OR MUFFIN BASKET  
OR PIZZA LUNCHABLE

Potato Wedge, Peaches, Mustard, Milk

Biscuits & Gravy

13

**PIZZA**

OR MUFFIN BASKET  
OR TURKEY HAM SANDWICH

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

French Toast Sticks

14

**CHEESE ENCHILADAS**

OR CORN MUFFIN BASKET  
OR LUNCHABLE TURKEY & CHEESE

Salsa, Applesauce Cup, Milk

Breakfast Pizza

15

**CHICKEN NUGGETS & CORN MUFFIN**

OR MUFFIN BASKET  
OR TURKEY HAM SANDWICH

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

Mini Waffles

16

**SPICY/REG CHICKEN SANDWICH**

OR EZ JAMMER

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

Breakfast Burrito

19

**CHEESE STUFFED STICKS**

OR MUFFIN BASKET  
OR PIZZA LUNCHABLE

Mixed Fruit, Marinara Sauce Cup, Milk

Pancakes

20

**FISH NUGGETS & DINNER ROLL**

OR MUFFIN BASKET  
OR TURKEY HAM SANDWICH

Lettuce, Tomato, Pickle, Corn, Peaches, Tartar Sauce, Milk

Breakfast Pizza

21

**COUNTRY FRIED STEAK**

OR CORN MUFFIN BASKET  
OR LUNCHABLE TURKEY & CHEESE

Roll, Broccoli, Mashed Potatoes, Gravy, Broccoli, Applesauce, Strawberries, Cookie, Milk

French Toast Sticks

22

**ORANGE CHICKEN W/ RICE**

OR NACHO CHEESE & CHIPS  
OR TURKEY HAM SANDWICH

Lettuce, Tomato, Pickle, Green Beans/Carrots, Pears, Orange Slices, Milk

Dutch Waffle

23

**CORN DOG**

OR EZ JAMMER

Chips, Mixed Berry Cup, Ketchup, Mustard, Milk

26



27

# WINTER RECESS

28

29



30

## 2022-2023 MEAL PRICES

PAID ELEMENTARY MEALS

Breakfast \$1.00

Lunch \$2.00

ADULT MEALS & 2<sup>nd</sup> 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