

# FEBRUARY 2023

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

Marinara Sauce Cup,  
Mixed Fruit, Milk

Pancake on a Stick

**BEAN & CHEESE BURRITO**  
OR MUFFIN BASKET  
OR PIZZA LUNCHABLE

Corn, Peaches, Salsa, Milk

**PRESIDENTS DAY**

Pancake on a Stick

**DRUMSTICK W/ CORN MUFFIN**  
OR MUFFIN BASKET  
OR PIZZA LUNCHABLE

Green Beans, Peaches,  
Milk

Pancakes

**FISH NUGGETS W/ ROLL**  
OR MUFFIN BASKET  
OR TURKEY HAM SANDWICH

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

Biscuits & Gravy

**PIZZA**  
OR MUFFIN BASKET  
OR TURKEY HAM SANDWICH

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

Pancakes

**CHEESE STUFFED STICKS**  
OR MUFFIN BASKET  
OR TURKEY HAM SANDWICH

Lettuce, Pickle, Tomato  
Broccoli, Peas, Cookie,  
Marinara Sauce Cup, Milk

Breakfast Pizza

**MAC & CHEESE**  
OR MUFFIN BASKET  
OR TURKEY HAM SANDWICH

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

French Toast Sticks

**CHEESE ENCHILDAS**  
OR CORN MUFFIN BASKET  
OR LUNCHABLE TURKEY & CHEESE

Applesauce Cup, Salsa  
Milk

Breakfast Pizza

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

Broccoli, Applesauce,  
Strawberries Slices, Milk

French Toast Sticks

**BBQ CHICKEN FILET**  
OR CORN MUFFIN BASKET  
OR LUNCHABLE TURKEY & CHEESE

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

Breakfast Pizza

**HOT HAM & CHEESE CROISSANT**  
OR CORN MUFFIN BASKET  
OR LUNCHABLE TURKEY & CHEESE

Green Beans/Carrots, Milk  
Mixed Fruit, Applesauce

Biscuits & Gravy

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

Lettuce, Tomato, Pickle  
Roll, Potatoes, Gravy,  
Broccoli, Peas, Cookie, Milk

French Toast Sticks

**ORANGE CHICKEN W/ RICE**  
OR NACHO CHEESE & CHIPS  
OR TURKEY SANDWICH

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

Breakfast Pizza

**GRILLED CHEESE W/ TOMATO SOUP**  
OR NACHO CHEESE & CHIPS  
OR TURKEY SANDWICH

Lettuce, Tomato, Pickle  
Mixed Fruit, Snickerdoodle,  
Milk

French Toast Sticks

**SLOPPY JOES**  
OR NACHO CHEESE & CHIPS  
OR TURKEY SANDWICH

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

Mini Waffles

**SPICY/REG CHICKEN SANDWICH**  
OR EZ JAMMER

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

Dutch Waffle

**CORN DOG**  
OR EZ JAMMER

Chips, Ketchup, Mustard,  
Mayo, Mixed Berry Cup,  
Milk

Muffin Assortment w/ Applesauce, Milk

**PB&J SANDWICH**

Cheese Stick, Chips, Banana,  
Peach Cup, Carrots, Peas, Milk

**GRAB & GO MEAL SERVICE**  
All school kitchens open for  
meal pick up from 9 a.m.  
until 11 a.m.

Dutch Waffle

**SPICY/REG CHICKEN SANDWICH**  
OR EZ JAMMER

Lettuce, Pickle, Tomato, Chips,  
Mixed Berry Cup, Ketchup,  
Mayo, Mustard, Milk

## 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

*Did you know?*

February has been Black History Month for over 40 years.