

March 2023



This institution is an equal opportunity provider.
MENU IS SUBJECT TO CHANGE.



Monday

Did you know?

March babies are spoiled with two birthstones: aquamarine, and bloodstone which symbolize courage.

Tuesday

Wednesday

Thursday

Friday

Breakfast Burrito

6

POPCORN CHICKEN & WAFFLES

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Broccoli, Peaches, Syrup
Snickerdoodle, Milk

Pancakes

7

CHILI W/ CHIPS & CHEESE

OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

Lettuce, Pickle, Tomato
Corn, Peas, Milk

Breakfast Pizza

8

CHICKEN NUGGETS & CORN MUFFIN

OR MUFFIN BASKET
OR TURKEY & CHEESE LUNCHABLE

Ketchup, BBQ Sauce,
Strawberries Slices, Milk

French Toast Sticks

9

TERIYAKI CHICKEN W/ RICE

OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

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

Dutch Waffle

10

RIB B Q SANDWICH

OR EZ JAMMER

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

Pancake on a Stick

13

HOT DOG

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Potato Wedge, Peaches,
Ketchup, Mustard, Milk

Biscuits & Gravy

14

PIZZA

OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

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

French Toast Sticks

15

CHEESE ENCHILADAS

OR CORN MUFFIN BASKET
OR LUNCHABLE TURKEY & CHEESE

Salsa, Applesauce Cup,
Milk

Breakfast Pizza

16

COUNTRY FRIED STEAK

OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

Lettuce, Tomato, Pickle
Roll, Potatoes, Gravy,
Broccoli, Pears, Cookie,

Mini Waffles

17

SPICY/REG CHICKEN SANDWICH

OR EZ JAMMER

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

Breakfast Burrito

20

CHEESE STUFFED STICKS

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Marinara Sauce Cup,
Mixed Fruit, Milk

Pancakes

21

FISH NUGGETS W/ ROLL

OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

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

Breakfast Pizza

22

CHICKEN NUGGETS & CORN MUFFIN

OR MUFFIN BASKET
OR TURKEY & CHEESE LUNCHABLE

Broccoli, Applesauce,
Strawberries Slices,
Ketchup, BBQ Sauce, Milk

French Toast Sticks

23

ORANGE CHICKEN W/ RICE

OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

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

Dutch Waffle

24

CORN DOG

OR EZ JAMMER

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

27

SPRING
BREAK

28

SPRING
BREAK

29

SPRING
BREAK

30

SPRING
BREAK

31

SPRING
BREAK

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

