School Starts Tomorrow

# August 2023

## Middle School Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Starts Tomorrow</td>
<td>Pancakes</td>
<td>French Toast Sticks</td>
<td>Grab &amp; Go - Chef, Veggie, &amp; Chicken Caesar Salad, PB &amp; J Salad &amp; Italian Club</td>
<td>Dutch Waffle TACOS</td>
</tr>
<tr>
<td>Pancake on a Stick</td>
<td>French Toast Sticks</td>
<td>French Toast Sticks</td>
<td>Breakfast Pizza</td>
<td>Did you know?</td>
</tr>
<tr>
<td>Pulled Pork Sandwich</td>
<td>Pepperoni or Cheese Pizza</td>
<td>Pepperoni or Cheese Pizza</td>
<td>Grab &amp; Go - Chef, Veggie, &amp; Chicken Caesar Salad, PB &amp; J Salad &amp; Italian Club</td>
<td>August is popularly known as Harvest Month.</td>
</tr>
</tbody>
</table>

### Meal Prices

- **Paid Meals**
  - Breakfast: $1.20
  - Lunch: $2.30
  - Adult Meals & 2nd Student Meals
    - Breakfast: $2.75
    - Lunch: $3.75

### Grill Items

- Hamburger, Cheeseburger, Spicy Chicken Sandwich, Breaded Chicken Sandwich, & Grilled Cheese

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.

https://www.slcschools.org/departments/child-nutrition/menus-common-concerns

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