

SEPTEMBER 2023

This institution is an equal opportunity provider.

MENU IS SUBJECT TO CHANGE.



ELEMENTARY SCHOOL BIC MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW

The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.



4

Breakfast Burrito
OR Mini Pancakes

CHILI W/ CHIPS & CHEESE

OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

Lettuce, Pickle, Tomato
Corn, Peas, Milk

5

Breakfast Pizza
OR Crumb Cake

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

Strawberries Slices,
Ketchup, BBQ Sauce, Milk

6

Mini Waffles
OR Pumpkin Bread

TERIYAKI CHICKEN W/ RICE

OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

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

7

Breakfast Pizza
OR Crumb Cake

CHEESE BURGER OR HAMBURGER
OR EZ JAMMER

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

1

Muffin Assortment
OR Pop Tart
w/Cheese Stick

RIB B Q BEEF SANDWICH
OR EZ JAMMER

Chips, Ketchup, Mustard,
Mayo, Pears, Milk

8

11

Mini Waffles
OR Berry Apple Crisp Bar

HOT DOG

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Potato Wedge, Peaches,
Ketchup, Mustard, Milk

12

French Toast Sticks
OR Crumb Cake

PIZZA

OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

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

13

Breakfast Pizza
OR Mini Bagel

CHEESE ENCHILADAS
OR CORN MUFFIN BASKET
OR LUNCHABLE TURKEY & CHEESE

Salsa, Applesauce Cup,
Milk

14

Breakfast Burrito
OR Mini Pancakes

COUNTRY FRIED STEAK

OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

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

15

Muffin Assortment
OR Pop Tart
w/Cheese Stick

SPICY/REG CHICKEN SANDWICH

OR EZ JAMMER

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

18

Mini Pancakes
OR Berry Apple Crisp Bar

CHEESE STUFFED STICKS

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Marinara Sauce Cup,
Mixed Fruit, Milk

19

French Toast Sticks
OR Mini Bagel

FISH NUGGETS W/ ROLL

OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

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

20

Breakfast Burrito
OR Pumpkin Bread

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

Broccoli, Applesauce,
Strawberries, Milk

21

Mini Waffles
OR Muffin Assortment

ORANGE CHICKEN W/ RICE

OR NACHO CHEESE & CHIPS
OR TURKEY SANDWICH

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

22

Breakfast Pizza
OR Crumb Cake

CORN DOG

OR EZ JAMMER

Chips, Ketchup, Mustard,
Mayo, Pears, Milk

25

French Toast Sticks
OR Mini Bagel

BEAN & CHEESE BURRITO

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Corn, Peaches, Salsa, Milk

26

Breakfast Burrito
OR Mini Pancakes

PIZZA

OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

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

27

Breakfast Pizza
OR Crumb Cake

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

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

28

Mini Waffles
OR Pumpkin Bread

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

Lettuce, Tomato, Pickle
Mixed Fruit, Snickerdoodle,
Milk

29

No School Today

2023-2024 MEAL PRICES

PAID ELEMENTARY MEALS

Breakfast **Free**
Lunch **\$2.00**

ADULT MEALS & 2nd STUDENT MEALS

Breakfast **\$2.75**
Lunch **\$3.75**

This school participates in the **BREAKFAST IN THE CLASSROOM PROGRAM**. All students are eligible for **FREE** breakfast daily and will eat in their classrooms with their classmates at the beginning of the school day.

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.