

SEPTEMBER 2023

This institution is an equal opportunity provider.

MENU IS SUBJECT TO CHANGE.



MIDDLE SCHOOL 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.

Mini Waffles

1

CORN DOG

Grab & Go -

Southwest Salad & Veggie Salad, PB & J Sandwich & Italian Club

4

Labor Day

Pancakes

5

PEPPERONI OR CHEESE PIZZA

Grab & Go -
Chef, Veggie, & Chicken Caesar Salad
PB & J Sandwich & Ham & Cheese

Breakfast Pizza

6

CREAMY CHICKEN ENCHILADA

Grab & Go -
Southwest & Veggie Salad
PB & J Sandwich & Italian Club

French Toast Sticks

7

PEPPERONI OR CHEESE PIZZA

Grab & Go -
Chef, Veggie, & Chicken Caesar Salad
PB & J Sandwich & Ham & Cheese

Dutch Waffle

8

CHILI & CHIPS w/ NACHO CHEESE SAUCE

Grab & Go -
Southwest & Veggie Salad
PB & J Sandwich & Italian Club

11

Pancake on a Stick

ORANGE CHICKEN RICE BOWL

Grab & Go -
Southwest & Veggie Salad
PB & J & Italian Club Sandwich

Biscuits & Gravy

12

PEPPERONI OR CHEESE PIZZA

Grab & Go -
Chef, Veggie, & Chicken Caesar Salad
PB & J Sandwich & Ham & Cheese

French Toast Sticks

13

CHICKEN NUGGETS

Grab & Go -
Southwest & Veggie Salad,
Caesar Salad
PB & J Sandwich & Italian Club

Breakfast Pizza

14

PEPPERONI OR CHEESE PIZZA

Grab & Go -
Chef, Veggie, & Chicken Caesar Salad
PB & J Sandwich & Ham & Cheese

Mini Waffles

15

TACOS

Grab & Go -
Southwest & Veggie Salad,
PB & J Sandwich & Italian Club

18

Breakfast Burrito

PULLED PORK SANDWICH

Grab & Go -
Southwest & Veggie Salad
PB & J Sandwich & Italian Club

Pancakes

19

PEPPERONI OR CHEESE PIZZA

Grab & Go -
Chef, Veggie, & Chicken Caesar Salad
PB & J Sandwich & Ham & Cheese

Breakfast Pizza

20

CHICKEN POTATO BOWL

Grab & Go -
Southwest & Veggie Salad
PB & J Sandwich & Italian Club

French Toast Sticks

21

PEPPERONI OR CHEESE PIZZA

Grab & Go -
Chef, Veggie, & Chicken Caesar Salad
PB & J Sandwich & Ham & Cheese

Dutch Waffle

22

CORN DOG

Grab & Go -
Southwest & Veggie Salad
PB & J Sandwich & Italian Club

25

Pancake on a Stick

TERIYAKI CHICKEN RICE BOWL

Grab & Go -
Southwest & Veggie Salad
PB & J Sandwich & Italian Club

Biscuits & Gravy

26

PEPPERONI OR CHEESE PIZZA

Grab & Go -
Chef, Veggie, & Chicken Caesar Salad
PB & J Sandwich & Ham & Cheese

French Toast Sticks

27

CREAMY CHICKEN ENCHILADA

Grab & Go -
Southwest & Veggie Salad
PB & J Sandwich & Italian Club

Breakfast Pizza

28

PEPPERONI OR CHEESE PIZZA

Grab & Go -
Chef, Veggie, & Chicken Caesar Salad
PB & J Sandwich & Ham & Cheese

29

No School Today

2023-2024 MEAL PRICES

PAID MEALS

Breakfast \$1.20

Lunch \$2.30

ADULT MEALS & 2nd STUDENT MEALS

Breakfast \$2.75

Lunch \$3.75

GRILL ITEMS SERVED DAILY -

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