

SEPTEMBER 2023

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



HIGH 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

CORN DOG

ORANGE CHICKEN RICE BOWL

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

1

4



Pancakes

MAC & CHEESE W/ NUGGETS

ORANGE CHICKEN RICE BOWL

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

5

Breakfast Pizza

CREAMY CHICKEN ENCHILADA

GENERAL TSO RICE BOWL

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

6

French Toast Sticks

SLOPPY JOE

TERIYAKI RICE BOWL

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

7

Dutch Waffle

TERIYAKI BEEF DIPPERS

ORANGE CHICKEN RICE BOWL

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

8

Pancake on a Stick

NACHOS PICANTES w/ CHEESE SAUCE

GENERAL TSO RICE BOWL

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

11

Biscuits & Gravy

CHICKEN NUGGETS

ORANGE CHICKEN RICE BOWL

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

12

French Toast Sticks

PULLED PORK SANDWICH

GENERAL TSO RICE BOWL

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

13

Breakfast Pizza

CHICKEN POTATO BOWL

TERIYAKI RICE BOWL

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

14

Mini Waffles

CHICKEN ALFREDO

ORANGE CHICKEN RICE BOWL

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

15

Breakfast Burrito

GRILLED CHEESE SANDWICH

GENERAL TSO RICE BOWL

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

18

Pancakes

CHICKEN FAJITA

ORANGE CHICKEN RICE BOWL

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

19

Breakfast Pizza

MEATBALL STROGANOFF W/ PASTA

GENERAL TSO RICE BOWL

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

20

French Toast Sticks

COUNTRY FRIED STEAK

TERIYAKI RICE BOWL

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

21

Dutch Waffle

CORN DOG

ORANGE CHICKEN RICE BOWL

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

22

Pancake on a Stick

CHICKEN CORDON BLEU

GENERAL TSO RICE BOWL

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

25

Biscuits & Gravy

MAC & CHEESE W/ NUGGETS

ORANGE CHICKEN RICE BOWL

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

26

French Toast Sticks

CREAMY CHICKEN ENCHILADA

GENERAL TSO RICE BOWL

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

27

Breakfast Pizza

SLOPPY JOE

TERIYAKI RICE BOWL

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

28

29

No School Today

2023-2024 MEAL PRICES

PAID ELEMENTARY MEALS

Breakfast \$1.20

Lunch \$2.50

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

PIZZA SERVED DAILY -

PEPPERONI & 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>

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