

SEPTEMBER 2023

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



ELEMENTARY 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

CHEESE BURGER OR HAMBURGER
OR EZ JAMMER

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

Dutch Waffle

8

RIB B Q BEEF SANDWICH
OR EZ JAMMER

Chips, Ketchup, Mustard, Mayo, Pears, Milk

Mini Waffles

15

SPICY/REG CHICKEN SANDWICH
OR EZ JAMMER

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

Dutch Waffle

22

CORN DOG
OR EZ JAMMER

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

No School Today

29

4



Pancakes

5

CHILI W/ CHIPS & CHEESE
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

Lettuce, Pickle, Tomato, Corn, Pears, Milk

Breakfast Pizza

6

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

Strawberries Slices, Ketchup, BBQ Sauce, Milk

French Toast Sticks

7

TERIYAKI CHICKEN W/ RICE
OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

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

11

Pancake on a Stick

HOT DOG
OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Potato Wedge, Peaches, Ketchup, Mustard, Milk

Biscuits & Gravy

12

PIZZA
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

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

French Toast Sticks

13

CHEESE ENCHILADAS
OR CORN MUFFIN BASKET
OR LUNCHABLE TURKEY & CHEESE

Salsa, Applesauce Cup, Milk

Breakfast Pizza

14

COUNTRY FRIED STEAK
OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

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

18

Breakfast Burrito

CHEESE STUFFED STICKS
OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Marinara Sauce Cup, Mixed Fruit, Milk

Pancakes

19

FISH NUGGETS W/ ROLL
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

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

Breakfast Pizza

20

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

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

French Toast Sticks

21

ORANGE CHICKEN W/ RICE
OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

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

25

Pancake on a Stick

BEAN & CHEESE BURRITO
OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Corn, Peaches, Salsa, Milk

Biscuits & Gravy

26

PIZZA
OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

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

French Toast Sticks

27

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

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

Breakfast Pizza

28

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

Lettuce, Tomato, Pickle, Mixed Fruit, Snickerdoodle, Milk

2023-2024 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