

NOVEMBER 2023

This institution is an equal opportunity provider.

MENU IS SUBJECT TO CHANGE.



MONDAY

DID YOU KNOW?

Native American Heritage Month first evolved from "American Indian Week," which President Reagan proclaimed on the week of November 23-30, 1986. In 1990, President George H. W. Bush approved a joint resolution designating November 1990 as National American Indian Heritage Month, commonly referred to as Native American Heritage Month.

Pancake on a Stick 6

BEAN & CHEESE BURRITO

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Corn, Peaches, Salsa & Milk

TUESDAY

Biscuits & Gravy 7

PIZZA

OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

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

WEDNESDAY

Breakfast Pizza 1

CHICKEN NUGGETS & CORN MUFFIN

OR MUFFIN BASKET
OR TURKEY & CHEESE LUNCHABLE
Broccoli, Applesauce,
Strawberries Slices, Ketchup,
BBQ Sauce, Milk

THURSDAY

French Toast Sticks 2

ORANGE CHICKEN W/ RICE

OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

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

FRIDAY

Dutch Waffle 3

CORN DOG

OR EZ JAMMER
Chips, Ketchup, Mustard,
Mayo, Pears, Milk

Breakfast Burrito 13

CHICKEN NUGGETS & CORN MUFFIN

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Peaches, Ketchup, BBQ
Sauce, Milk

Pancakes 14

CHEESE STUFFED STICKS

OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

Lettuce, Tomato, Pickle
Broccoli, Pears,
Marinra Sauce Cup,
Cookie, Milk

Breakfast Pizza 15

TURKEY STEAK DINNER

OR CORN MUFFIN BASKET
OR TURKEY & CHEESE LUNCHABLE

Roll, Potato, Gravy, Stuffing,
Green Beans, Applesauce,
Cranberry Sauce, Pudding
Pie & Milk

French Toast Sticks 16

SLOPPY JOES

OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

Lettuce, Tomato, Pickle
Mayo/Mustard,
Potato Wedge, Corn,
Strawberry Slices, Milk

Dutch Waffle 17

SPICY/REG CHICKEN SANDWICH

OR EZ JAMMER

Lettuce, Pickle, Tomato, Chips,
Pears, Ketchup, Mayo,
Mustard, Milk

Pancake on a Stick 20

DRUMSTICK & CORN MUFFIN

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Green Beans, Peaches,
Milk

Biscuits & Gravy 21

MAC AND CHEESE

OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

Lettuce, Pickle, Tomato
Broccoli, Strawberry Slice,
Cookie, Milk

THANKSGIVING RECESS

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Breakfast Burrito 27

POPCORN CHICKEN W/ WAFFLES

OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Broccoli, Peaches, Syrup,
Snickerdoodle & Milk

Pancakes 28

CHILI W/ CHIPS & CHEESE

OR MUFFIN BASKET
OR TURKEY HAM SANDWICH

Lettuce, Pickle, Tomato
Corn, Pears, Milk

Breakfast Pizza 29

CHICKEN NUGGETS & CORN MUFFIN

OR MUFFIN BASKET
OR TURKEY & CHEESE LUNCHABLE

Strawberries Slices,
Ketchup, BBQ Sauce, Milk

French Toast Sticks 30

TERIYAKI CHICKEN W/ RICE

OR NACHO CHEESE & CHIPS
OR TURKEY HAM SANDWICH

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