

NOVEMBER 2023

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



HIGH SCHOOL MENU

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.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6
Pancake on a Stick
CHICKEN CORDON BLEU
GENERAL TSO RICE BOWL

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

7
Biscuits & Gravy
MAC & CHEESE W/ NUGGETS
ORANGE CHICKEN RICE BOWL

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

8
French Toast Sticks
CREAMY CHICKEN ENCHILADA
GENERAL TSO RICE BOWL

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

9
Breakfast Pizza
SLOPPY JOE
TERIYAKI RICE BOWL

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

10
Mini Waffles
TERIYAKI BEEF DIPPERS
ORANGE CHICKEN RICE BOWL

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

13
Breakfast Burrito
NACHOS PICANTES w/ CHEESE SAUCE
GENERAL TSO RICE BOWL

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

14
Pancakes
CHICKEN NUGGETS
ORANGE CHICKEN RICE BOWL

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

15
Breakfast Pizza
PULLED PORK SANDWICH
GENERAL TSO RICE BOWL

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

16
French Toast Sticks
TURKEY STEAK DINNER
TERIYAKI RICE BOWL

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

17
Dutch Waffles
CHICKEN ALFREDO
ORANGE CHICKEN RICE BOWL

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

20
Pancake on a Stick
GRILLED CHEESE SANDWICH
GENERAL TSO RICE BOWL

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

21
Biscuits & Gravy
CHICKEN FAJITA
ORANGE CHICKEN RICE BOWL

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

22

23

24

27
Breakfast Burrito
CHICKEN CORDON BLEU
GENERAL TSO RICE BOWL

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

28
Pancakes
MAC & CHEESE W/ NUGGETS
ORANGE CHICKEN RICE BOWL

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

29
Breakfast Pizza
CREAMY CHICKEN ENCHILADA
GENERAL TSO RICE BOWL

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

30
French Toast Sticks
SLOPPY JOE
TERIYAKI RICE BOWL

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

THANKSGIVING RECESS

2023-2024 MEAL PRICES

PAID ELEMENTARY MEALS	
Breakfast	\$1.20
Lunch	\$2.50
ADULT MEALS & 2 nd 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