

NOVEMBER 2023

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



MIDDLE 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

Pancake on a Stick 6

TERIYAKI CHICKEN RICE BOWL

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

Biscuits & Gravy 7

PEPPERONI OR CHEESE PIZZA

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

French Toast Sticks 8

CREAMY CHICKEN ENCHILADA

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

Breakfast Pizza 9

PEPPERONI OR CHEESE PIZZA

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

Mini Waffles 10

CHILI & CHIPS w/ NACHO CHEESE SAUCE

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

Breakfast Burrito 13

ORANGE CHICKEN RICE BOWL

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

Pancakes 14

PEPPERONI OR CHEESE PIZZA

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

Breakfast Pizza w/ Sausage 15

TURKEY STEAK DINNER

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

French Toast Sticks 16

PEPPERONI OR CHEESE PIZZA

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

Dutch Waffles 17

TACOS

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

Pancake on a Stick 20

PULLED PORK SANDWICH

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

Biscuits & Gravy 21

PEPPERONI OR CHEESE PIZZA

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

22

23

24

THANKSGIVING RECESS

Breakfast Burrito 27

TERIYAKI CHICKEN RICE BOWL

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

Pancakes 28

PEPPERONI OR CHEESE PIZZA

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

Breakfast Pizza w/ Sausage 29

CREAMY CHICKEN ENCHILADA

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

French Toast Sticks 30

PEPPERONI OR CHEESE PIZZA

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

30

2023-2024 MEAL PRICES

PAID MEALS	
Breakfast	\$1.20
Lunch	\$2.30
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

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