

# February 2024

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



## HIGH SCHOOL MENU

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know?

Groundhog Day, celebrated on February 2nd, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last another six weeks. If there was no shadow, spring would come early.

**5**  
Pancake on a Stick  
**CHICKEN CORDON BLEU**  
**GENERAL TSO RICE BOWL**  
  
Grab & Go - Chef Salad, Veggie Salad  
PB & J Sandwich & Italian Club

**6**  
Biscuits & Gravy  
**MAC & CHEESE W/ NUGGETS**  
**ORANGE CHICKEN RICE BOWL**  
  
Grab & Go - Southwest, Veggie, or Chicken Caesar Salad  
PB & J Sandwich & Turkey & Cheese

**7**  
French Toast Sticks  
**CREAMY CHICKEN ENCHILADA**  
**GENERAL TSO RICE BOWL**  
  
Grab & Go - Chef Salad & Veggie Salad  
PB & J Sandwich & Italian Club

**8**  
Breakfast Pizza  
**SLOPPY JOE**  
**TERIYAKI RICE BOWL**  
  
Grab & Go - Southwest, Veggie, or Chicken Caesar Salad  
PB & J Sandwich & Ham & Cheese

**9**  
Mini Waffles  
**TERIYAKI BEEF DIPPERS**  
**ORANGE CHICKEN RICE BOWL**  
  
Grab & Go - Chef & Veggie Salad  
PB & J Sandwich & Italian Club

**12**  
Breakfast Burrito  
**NACHOS PICANTES w/ CHEESE SAUCE**  
**GENERAL TSO RICE BOWL**  
  
Grab & Go - Chef Salad & Veggie Salad  
PB & J Sandwich & Italian Club

**13**  
Pancakes  
**CHICKEN NUGGETS**  
**ORANGE CHICKEN RICE BOWL**  
  
Grab & Go - Southwest, Veggie, & Chicken Caesar Salad  
PB & J Sandwich & Turkey & Cheese

**14**  
Breakfast Pizza  
**PULLED PORK SANDWICH**  
**GENERAL TSO RICE BOWL**  
  
Grab & Go - Chef Salad & Veggie Salad  
PB & J Sandwich & Italian Club

**15**  
French Toast Sticks  
**CHICKEN POTATO BOWL**  
**TERIYAKI RICE BOWL**  
  
Grab & Go - Southwest, Veggie & Chicken Caesar Salad  
PB & J Sandwich & Ham & Cheese

**16**  
Maple Waffles  
**CHICKEN ALFREDO**  
**ORANGE CHICKEN RICE BOWL**  
  
Grab & Go - Chef Salad & Veggie Salad  
PB & J Sandwich & Italian Club

**19**  
**President's Day**

**20**  
Biscuits & Gravy  
**CHICKEN FAJITA**  
**ORANGE CHICKEN RICE BOWL**  
  
Grab & Go - Southwest, Veggie, & Chicken Caesar Salad  
PB & J Sandwich & Turkey & Cheese

**21**  
French Toast Sticks  
**MEATBALL STROGANOFF W/ PASTA**  
**GENERAL TSO RICE BOWL**  
  
Grab & Go - Chef Salad & Veggie Salad  
PB & J Sandwich & Italian Club

**22**  
Breakfast Pizza  
**COUNTRY FRIED STEAK**  
**TERIYAKI RICE BOWL**  
  
Grab & Go - Southwest, Veggie, or Chicken Caesar Salad  
PB & J Sandwich & Ham & Cheese

**23**  
Mini Waffle  
**CORN DOG**  
**ORANGE CHICKEN RICE BOWL**  
  
Grab & Go - Chef Salad, Veggie Salad  
PB & J Sandwich & Italian Club

**26**  
Breakfast Burrito  
**CHICKEN CORDON BLEU**  
**GENERAL TSO RICE BOWL**  
  
Grab & Go - Chef Salad, Veggie Salad  
PB & J Sandwich & Italian Club

**27**  
Pancakes  
**MAC & CHEESE W/ NUGGETS**  
**ORANGE CHICKEN RICE BOWL**  
  
Grab & Go - Southwest, Veggie, & Chicken Caesar Salad  
PB & J Sandwich & Ham & Cheese

**28**  
Breakfast Pizza  
**CREAMY CHICKEN ENCHILADA**  
**GENERAL TSO RICE BOWL**  
  
Grab & Go - Chef & Veggie Salad,  
PB & J Sandwich & Italian Club

**29**  
French Toast Sticks  
**SLOPPY JOE**  
**TERIYAKI RICE BOWL**  
  
Grab & Go - Southwest, Veggie, & Chicken Caesar Salad  
PB & J Sandwich & Ham & Cheese

### 2023-2024 MEAL PRICES

PAID ELEMENTARY MEALS	
Breakfast	\$1.20
Lunch	\$2.50
ADULT MEALS & 2 <sup>nd</sup> 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/dep/arts/child-nutrition/menus-common-concerns>

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

**HAPPY Valentine's DAY**