

September 2024

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



MIDDLE SCHOOL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Labor Day</p>	<p>3</p> <p><u>Pancakes</u></p> <p>HAWAIIAN, PEPPERONI OR CHEESE PIZZA</p> <p><u>Grab & Go</u> - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>4</p> <p><u>Breakfast Pizza</u></p> <p>CREAMY CHICKEN ENCHILADA</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>5</p> <p><u>French Toast Sticks</u></p> <p>BBQ, PEPPERONI OR CHEESE PIZZA</p> <p><u>Grab & Go</u> - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>6</p> <p><u>Mini Waffles</u></p> <p>CHILI & CHIPS w/ NACHO CHEESE SAUCE</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad PB & J and Italian Club Sandwich</p>
<p>9</p> <p><u>Pancake on a Stick</u></p> <p>CHEESE STUFFED STICKS</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>10</p> <p><u>Biscuits & Gravy</u></p> <p>HAWAIIAN, PEPPERONI OR CHEESE PIZZA</p> <p><u>Grab & Go</u> - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>11</p> <p><u>French Toast Sticks</u></p> <p>TERIYAKI BEEF DIPPERS w/FRIED RICE</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad PB & J AND Turkey & Cheese Sandwich</p>	<p>12</p> <p><u>Breakfast Pizza</u></p> <p>BBQ, PEPPERONI OR CHEESE PIZZA</p> <p><u>Grab & Go</u> - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>13</p> <p><u>Apple Oatmeal Bar</u></p> <p>SLOPPY JOE</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad, PB & J and Italian Club Sandwich</p>
<p>16</p> <p><u>Breakfast Burrito</u></p> <p>CHICKEN NUGGETS w/ MAC & CHEESE</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>17</p> <p><u>Pancakes</u></p> <p>HAWAIIAN, PEPPERONI OR CHEESE PIZZA</p> <p><u>Grab & Go</u> - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>18</p> <p><u>Breakfast Pizza</u></p> <p>CHICKEN POTATO BOWL</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>19</p> <p><u>French Toast Sticks</u></p> <p>BBQ, PEPPERONI OR CHEESE PIZZA</p> <p><u>Grab & Go</u> - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>20</p> <p><u>Dutch Waffle</u></p> <p>GRILLED CHEESE SANDWICH w/ TOMATO SOUP</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad PB & J and Italian Club Sandwich</p>
<p>23</p> <p><u>Pancake on a Stick</u></p> <p>GENERAL TSO CHICKEN RICE BOWL</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>24</p> <p><u>Biscuits & Gravy</u></p> <p>HAWAIIAN, PEPPERONI OR CHEESE PIZZA</p> <p><u>Grab & Go</u> - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>25</p> <p><u>French Toast Sticks</u></p> <p>CORN DOG</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>26</p> <p><u>Breakfast Pizza</u></p> <p>BBQ, PEPPERONI OR CHEESE PIZZA</p> <p><u>Grab & Go</u> - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>27</p> <p>No School Today</p>
<p>30</p> <p><u>Breakfast Burrito</u></p> <p>ORANGE CHICKEN RICE BOWL</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>Did you know?</p> <p>September in the Northern Hemisphere is similar to March in the Southern Hemisphere.</p>			

2024-2025 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>

1/2 CUP OF FRUIT OR VEGETABLE MUST BE TAKEN WITH EACH MEAL