

September 2024

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



HIGH SCHOOL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Labor Day</p>	<p>2</p> <p>Pancakes</p> <p>MAC & CHEESE W/ NUGGETS</p> <p>ORANGE CHICKEN RICE BOWL</p> <p><i>Grab & Go</i> - Southwest, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>3</p> <p>Breakfast Pizza</p> <p>CREAMY CHICKEN ENCHILADA</p> <p>GENERAL TSO RICE BOWL</p> <p><i>Grab & Go</i> - Chef & Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>4</p> <p>French Toast Sticks</p> <p>SLOPPY JOE</p> <p>TERIYAKI RICE BOWL</p> <p><i>Grab & Go</i> - Southwest, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>5</p> <p>Mini Waffles</p> <p>TERIYAKI BEEF DIPPERS</p> <p>ORANGE CHICKEN RICE BOWL</p> <p><i>Grab & Go</i> - Chef & Veggie Salad PB & J and Italian Club Sandwich</p>
<p>9</p> <p>Pancake on a Stick</p> <p>NACHOS PICANTES w/ CHEESE SAUCE</p> <p>GENERAL TSO RICE BOWL</p> <p><i>Grab & Go</i> - Chef Salad & Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>10</p> <p>Biscuits & Gravy</p> <p>CHICKEN NUGGETS</p> <p>ORANGE CHICKEN RICE BOWL</p> <p><i>Grab & Go</i> - Southwest, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>11</p> <p>French Toast Sticks</p> <p>PULLED PORK SANDWICH</p> <p>GENERAL TSO RICE BOWL</p> <p><i>Grab & Go</i> - Chef Salad & Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>12</p> <p>Breakfast Pizza</p> <p>CHICKEN POTATO BOWL</p> <p>TERIYAKI RICE BOWL</p> <p><i>Grab & Go</i> - Southwest Veggie & Chicken Caesar Salad PB & J & Ham & Cheese Sandwich</p>	<p>13</p> <p>Apple Oatmeal Bar</p> <p>CHICKEN ALFREDO</p> <p>ORANGE CHICKEN RICE BOWL</p> <p><i>Grab & Go</i> - Chef Salad & Veggie Salad PB & J & Italian Club Sandwich</p>
<p>16</p> <p>Breakfast Burrito</p> <p>GRILLED CHEESE SANDWICH w/ TOMATO SOUP</p> <p>GENERAL TSO RICE BOWL</p> <p><i>Grab & Go</i> - Chef Salad & Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>17</p> <p>Pancakes</p> <p>CHICKEN FAJITA</p> <p>ORANGE CHICKEN RICE BOWL</p> <p><i>Grab & Go</i> - Southwest, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>18</p> <p>Breakfast Pizza</p> <p>MEATBALL STROGANOFF W/ PASTA</p> <p>GENERAL TSO RICE BOWL</p> <p><i>Grab & Go</i> - Chef Salad & Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>19</p> <p>French Toast Sticks</p> <p>COUNTRY FRIED STEAK</p> <p>TERIYAKI RICE BOWL</p> <p><i>Grab & Go</i> - Southwest, Veggie, or Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>20</p> <p>Mini Waffles</p> <p>CORN DOG</p> <p>ORANGE CHICKEN RICE BOWL</p> <p><i>Grab & Go</i> - Chef Salad, Veggie Salad PB & J and Italian Club Sandwich</p>
<p>23</p> <p>Pancake on a Stick</p> <p>CHICKEN CORDON BLEU SANDWICH</p> <p>GENERAL TSO RICE BOWL</p> <p><i>Grab & Go</i> - Chef Salad, Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>24</p> <p>Biscuits & Gravy</p> <p>MAC & CHEESE W/ NUGGETS</p> <p>ORANGE CHICKEN RICE BOWL</p> <p><i>Grab & Go</i> - Southwest, Veggie, or Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>25</p> <p>French Toast Sticks</p> <p>CREAMY CHICKEN ENCHILADA</p> <p>GENERAL TSO RICE BOWL</p> <p><i>Grab & Go</i> - Chef Salad & Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>26</p> <p>Breakfast Pizza</p> <p>SLOPPY JOE</p> <p>TERIYAKI RICE BOWL</p> <p><i>Grab & Go</i> - Southwest, Veggie, or Chicken Caesar Salad PB & J and Ham & Cheese Sandwich</p>	<p>27</p> <p>No School Today</p>
<p>30</p> <p>Breakfast Burrito</p> <p>NACHOS PICANTES w/ CHEESE SAUCE</p> <p>GENERAL TSO RICE BOWL</p> <p><i>Grab & Go</i> - Chef Salad & 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 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 SERVED DAILY
CHEESE SERVED DAILY
HAWAIIAN SERVED TUESDAY
BBQ SERVED THURSDAY**

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