

October 2024

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



MIDDLE SCHOOL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</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>2</p> <p><u>Breakfast Pizza</u></p> <p>CHICKEN NUGGETS</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad PB & J Sandwich and Turkey & Cheese</p>	<p>3</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>4</p> <p><u>Mini Waffles</u></p> <p>TACOS</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad, PB & J Sandwich & Italian Club</p>	
<p>7</p> <p><u>Pancake on a Stick</u></p> <p>PULLED PORK SANDWICH w/ MAC & CHEESE</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad PB & J Sandwich and Turkey & Cheese</p>	<p>8</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>9</p> <p><u>French Toast Sticks</u></p> <p>CHICKEN POTATO BOWL</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad PB & J Sandwich and Turkey & Cheese</p>	<p>10</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>11</p> <p><u>Apple Oatmeal Bar</u></p> <p>CORN DOG</p> <p><u>Grab & Go</u> - Southwest Salad & Veggie Salad PB & J Sandwich & Italian Club</p>
<p>14</p> <p><u>Breakfast Burrito</u></p> <p>TERIYAKI CHICKEN RICE BOWL</p> <p><u>Grab & Go</u> - Southwest & Veggie Salad PB & J and Turkey & Cheese Sandwich</p>	<p>15</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>16</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>FALL BREAK NO SCHOOL</p>	
<p>FALL BREAK NO SCHOOL</p>		<p>23</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>24</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>25</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>28</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>29</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>30</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>31</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>Did you know?</p> <p>National Fire Prevention Week falls during the week of October 9th each year. It commemorates the Great Chicago Fire of 1871.</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>

½ CUP OF FRUIT OR VEGETABLE MUST BE TAKEN WITH EACH MEAL