

# October 2024

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



## HIGH SCHOOL MENU



### Monday

### 7

Pancake on a Stick  
**GRILLED CHEESE SANDWICH w/TOMATO SOUP**  
**GENERAL TSO RICE BOWL**  
Grab & Go - Chef Salad & Veggie Salad  
PB & J Sandwich and Turkey & Cheese

### 14

Breakfast Burrito  
**CHICKEN CORDON BLEU SANDWICH**  
**GENERAL TSO RICE BOWL**  
Grab & Go - Chef Salad, Veggie Salad  
PB & J and Turkey & Cheese Sandwich

## FALL BREAK NO SCHOOL

### 28

Breakfast Burrito  
**GRILLED CHEESE SANDWICH w/ TOMATO SOUP**  
**GENERAL TSO RICE BOWL**  
Grab & Go - Chef Salad & Veggie Salad  
PB & J and Turkey & Cheese Sandwich

### Tuesday

### 1

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

### 8

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

### 15

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

### 22

Biscuits & Gravy  
**CHICKEN NUGGETS**  
**ORANGE CHICKEN RICE BOWL**  
Grab & Go - Southwest, Veggie, & Chicken Caesar Salad  
PB & J and Ham & Cheese Sandwich

### 29

Pancakes  
**CHICKEN FAJITA**  
**ORANGE CHICKEN RICE BOWL**  
Grab & Go - Southwest, Veggie, & Chicken Caesar Salad  
PB & J and Ham & Cheese Sandwich

### Wednesday

### 2

Breakfast Pizza  
**PULLED PORK SANDWICH**  
**GENERAL TSO RICE BOWL**  
Grab & Go - Chef Salad & Veggie Salad  
PB & J and Turkey & Cheese Sandwich

### 9

French Toast Sticks  
**MEATBALL STROGANOFF W/ PASTA**  
**GENERAL TSO RICE BOWL**  
Grab & Go - Chef Salad & Veggie Salad  
PB & J Sandwich and Turkey & Cheese

### 16

Breakfast Pizza  
**CREAMY CHICKEN ENCHILADA**  
**GENERAL TSO RICE BOWL**  
Grab & Go - Chef & Veggie Salad  
PB & J and Turkey & Cheese Sandwich

### 23

French Toast Sticks  
**PULLED PORK SANDWICH**  
**GENERAL TSO RICE BOWL**  
Grab & Go - Chef Salad & Veggie Salad  
PB & J and Turkey & Cheese Sandwich

### 30

Breakfast Pizza  
**MEATBALL STROGANOFF W/ PASTA**  
**GENERAL TSO RICE BOWL**  
Grab & Go - Chef Salad & Veggie Salad  
PB & J and Turkey & Cheese Sandwich

### Thursday

### 3

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

### 10

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

## FALL BREAK NO SCHOOL

### 24

Breakfast Pizza  
**CHICKEN POTATO BOWL**  
**TERIYAKI RICE BOWL**  
Grab & Go - Southwest Veggie & Chicken Caesar Salad  
PB & J & Ham & Cheese Sandwich

### 31

French Toast Sticks  
**COUNTRY FRIED STEAK**  
**TERIYAKI RICE BOWL**  
Grab & Go - Southwest, Veggie, or Chicken Caesar Salad  
PB & J and Ham & Cheese Sandwich

### Friday

### 4

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

### 11

Apple Oatmeal Bar  
**CORN DOG**  
**ORANGE CHICKEN RICE BOWL**  
Grab & Go - Chef Salad, Veggie Salad  
PB & J Sandwich & Italian Club

### 18

## FALL BREAK NO SCHOOL

### 25

Apple Oatmeal Bar  
**CHICKEN ALFREDO**  
**ORANGE CHICKEN RICE BOWL**  
Grab & Go - Chef Salad & Veggie Salad  
PB & J & Italian Club Sandwich

**Did you know?**  
.....  
National Fire Prevention Week falls during the week of October 9th each year. It commemorates the Great Chicago Fire of 1871.

## 2024-2025 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 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**