

November 2024

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



MIDDLE SCHOOL MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Throughout much of history, November has often been thought of as a somber month because it signaled the start of winter. People would spend the month storing up their harvest and preparing their food and homes in order to survive the winter.

Pancake on a Stick

4

GENERAL TSO CHICKEN RICE BOWL

Grab & Go - Southwest & Veggie Salad PB & J and Turkey & Cheese Sandwich

Biscuits & Gravy

5

HAWAIIAN, PEPPERONI OR CHEESE PIZZA

Grab & Go - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich

French Toast Sticks

6

CORN DOG

Grab & Go - Southwest & Veggie Salad PB & J and Turkey & Cheese Sandwich

Breakfast Pizza

7

BBQ, PEPPERONI OR CHEESE PIZZA

Grab & Go - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich

Apple Oatmeal Bar

8

CHEESE STUFFED STICKS W/ MARINARA SAUCE

Grab & Go - Southwest & Veggie Salad PB & J and Italian Club Sandwich

Breakfast Burrito

11

ORANGE CHICKEN RICE BOWL

Grab & Go - Southwest & Veggie Salad PB & J and Turkey & Cheese Sandwich

Pancakes

12

HAWAIIAN, PEPPERONI OR CHEESE PIZZA

Grab & Go - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich

Breakfast Pizza

13

CHICKEN NUGGETS

Grab & Go - Southwest & Veggie Salad PB & J Sandwich and Turkey & Cheese

French Toast Sticks

14

BBQ, PEPPERONI OR CHEESE PIZZA

Grab & Go - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich

Mini Waffles

15

TACOS

Grab & Go - Southwest & Veggie Salad, PB & J Sandwich & Italian Club

Pancake on a Stick

18

PULLED PORK SANDWICH w/ MAC & CHEESE

Grab & Go - Southwest & Veggie Salad PB & J Sandwich and Turkey & Cheese

Biscuits & Gravy

19

HAWAIIAN, PEPPERONI OR CHEESE PIZZA

Grab & Go - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich

French Toast Sticks

20

TURKEY STEAK DINNER

Grab & Go - Southwest & Veggie Salad, PB & J Sandwich & Italian Club

Breakfast Pizza

21

BBQ, PEPPERONI OR CHEESE PIZZA

Grab & Go - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich

Apple Oatmeal Bar

22

CORN DOG

Grab & Go - Southwest Salad & Veggie Salad PB & J Sandwich & Italian Club

Breakfast Burrito

25

TERIYAKI CHICKEN RICE BOWL

Grab & Go - Southwest & Veggie Salad PB & J and Turkey & Cheese Sandwich

Pancakes

26

HAWAIIAN, PEPPERONI OR CHEESE PIZZA

Grab & Go - Chef, Veggie, & Chicken Caesar Salad PB & J and Ham & Cheese Sandwich

27

THANKSGIVING RECESS

28

29

2024-2025 MEAL PRICES

PAID MEALS

Breakfast \$1.20

Lunch \$2.30

ADULT MEALS & 2nd 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