

# January 2025

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



## MIDDLE SCHOOL MENU

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know?

Saxons called January the "Wolf Month" because hungry wolves would come into their towns searching for food this time of year.

No School until Jan. 6th

Breakfast Burrito

6

#### ORANGE CHICKEN RICE BOWL

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

Pancakes

7

#### HAWAIIAN, PEPPERONI OR CHEESE PIZZA

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

Breakfast Pizza

8

#### CHICKEN NUGGETS

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

French Toast Sticks

9

#### BBQ, PEPPERONI OR CHEESE PIZZA

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

Mini Waffles

10

#### TACOS

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

Pancake on a Stick

13

#### PULLED PORK SANDWICH w/ MAC & CHEESE

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

Biscuits & Gravy

14

#### HAWAIIAN, PEPPERONI OR CHEESE PIZZA

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

French Toast Sticks

15

#### CHICKEN POTATO BOWL

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

Breakfast Pizza

16

#### BBQ, PEPPERONI OR CHEESE PIZZA

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

Apple Oatmeal Bar

17

#### CORN DOG

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

No School

20

Pancakes

21

#### HAWAIIAN, PEPPERONI OR CHEESE PIZZA

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

Breakfast Pizza

22

#### CREAMY CHICKEN ENCHILADA

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

French Toast Sticks

23

#### BBQ, PEPPERONI OR CHEESE PIZZA

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

Mini Waffles

24

#### CHILI & CHIPS w/ NACHO CHEESE SAUCE

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

Pancake on a Stick

27

#### CHEESE STUFFED STICKS

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

Biscuits & Gravy

28

#### HAWAIIAN, PEPPERONI OR CHEESE PIZZA

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

French Toast Sticks

29

#### TERIYAKI BEEF DIPPERS w/FRIED RICE

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

Breakfast Pizza

30

#### BBQ, PEPPERONI OR CHEESE PIZZA

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

Apple Oatmeal Bar

31

#### SLOPPY JOE

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

### 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