October 2022

This institution is an equal opportunity provider.

MENU IS SUBJECT TO CHANGE.

BREAKFAST IN THE CLASSROOM

SALT LAKE CITY SCHOOL DISTRICT
Your Best Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 French Toast Sticks OR Mini Bagel **BEAN & CHEESE BURRITO** OR MUFFIN BASKET OR PIZZA LUNCHABLE *Corn, Peaches, Salsa, Milk*	**4** Breakfast Burrito OR Mini Pancakes **PIZZA** OR MUFFIN BASKET OR TURKEY HAM SANDWICH *Lettuce, Tomato, Pickle Green Beans, Strawberry Slice, Milk*	**5** Breakfast Pizza **OR** Crumb Cake **BBQ CHICKEN FILET** OR CORN MUFFIN BASKET OR TURKEY & CHEESE LUNCHABLE *Roll, Mashed Potato, Country Gravy, Broccoli, Applesauce Cup, Milk*	**6** Mini Waffles OR Banana Bread **GRILLED CHEESE W/ TOMATO SOUP** OR NACHO CHEESE & CHIPS OR TURKEY HAM SANDWICH *Lettuce,Pickle,Tomato, Mixed Fruit, Snickerdoodle, Milk*	**7** Poptart & Cheese **OR** Muffin Asst. **CHEESE BURGER OR HAMBURGER** OR EZ JAMMER *Chips, Lettuce, Pickle, Tomato, Ketchup, Mustard, Mayo, Strawberry Cup, Milk*
10 Mini Waffles OR Crumb Bar **CHICKEN NUGGETS & CORN MUFFIN** OR MUFFIN BASKET OR PIZZA LUNCHABLE *Peaches, Ketchup, BBQ Sauce, Milk*	**11** French Toast Sticks OR Crumb Cake **CHEESE STUFFED STICKS** OR MUFFIN BASKET OR TURKEY HAM SANDWICH *Lettuce, Tomato, Pickle Broccoli, Pears, Marinara, Cookie, Milk*	**12** Breakfast Pizza OR Mini Bagel **SPICY/REG CHICKEN SANDWICH** OR EZ JAMMER *Chips, Lettuce, Pickle, Tomato, Mixed Berry Cup, Milk*	**13** **FALL BREAK**	**14** **FALL BREAK**
17 Mini Pancakes **OR** Crunch Bar **DRUMSTICK W/ CORN MUFFIN** OR MUFFIN BASKET OR PIZZA LUNCHABLE *Green Beans, Peaches, Milk*	**18** French Toast Sticks OR Mini Bagel **MAC AND CHEESE** OR MUFFIN BASKET OR TURKEY HAM & CHEESE SANDWICH *Broccoli, Strawberry Slice, Cookie, Lettuce, Pickle, Tomato, Milk*	**19** Breakfast Burrito OR Crumb Cake **PIZZA** OR CORN MUFFIN BASKET OR TURKEY & CHEESE LUNCHABLE *Applesauce Cup, Corn, Milk*	**20** Mini Waffles OR Muffin Assortment **CHICKEN POTATO BOWL** OR NACHO CHEESE & CHIPS OR TURKEY HAM SANDWICH *Wheat Roll, Mixed Fruit, Lettuce,Pickle,Tomato, Apple, Milk*	**21** Breakfast Pizza **OR** Banana Bread **CHEESE BURGER OR HAMBURGER** OR EZ JAMMER *Chips, Lettuce, Pickle, Tomato, Ketchup, Mustard, Mayo, Strawberry Cup, Milk*
24 French Toast Sticks OR Mini Bagel **POPCORN CHICKEN w/WAFFLE** OR MUFFIN BASKET ASST. OR PIZZA LUNCHABLE *Steamed Broccoli, Peaches, Snickerdoodle, Syrup Cup, Milk*	**25** Breakfast Burrito OR Mini Pancakes **CHILI w/CHIPS & CHEESE** OR MUFFIN BASKET OR TURKEY HAM SANDWICH *Pears, Corn, Lettuce, Pickle, Tomato, Milk*	**26** Breakfast Pizza **OR** Crumb Cake **CHICKEN NUGGETS & CORN MUFFIN** OR CORN MUFFIN BASKET OR TURKEY & CHEESE LUNCHABLE *Strawberry Slice, Ketchup, BBQ Sauce, Milk*	**27** Mini Waffles OR Banana Bread **TERIYAKI CHICKEN & RICE** OR NACHO CHEESE & CHIPS OR TURKEY HAM SANDWICH *Green Beans & Carrots, Lettuce, Tomato, Pickle, Mixed Fruit, Milk*	**28** Poptart & Cheese **OR** Muffin Asst. **BEEF RIB-BQ SANDWICH** OR EZ JAMMER *Chips, Mixed Berry Cup, Ketchup, Mustard, Milk*
31 Mini Waffles OR Crumb Bar **HOT DOG** OR MUFFIN BASKET ASST. OR PIZZA LUNCHABLE *Potato Wedges, Peaches, Frosted Cookie, Milk*				

Did you know?

October has two strikingly different birth flowers: the pastel-hued cosmos, and the radiant marigold.

2022-2023 MEAL PRICES

PAID ELEMENTARY MEALS

Breakfast	Free
Lunch	$2.00

ADULT MEALS & 2nd STUDENT MEALS

Breakfast	$2.75
Lunch	$3.75

This school participates in the BREAKFAST IN THE CLASSROOM PROGRAM. All students are eligible for FREE breakfast daily and will eat in their classrooms with their classmates at the beginning of the school day.

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.

Salad bar is offered daily. Items may vary from site to site. See interactive menus on district website for additional nutritional information.
https://www.slcschools.org/departments/child-nutrition/menus-common-concerns

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