

OCTOBER 2017

MONDAY

Pancakes

2

PIZZA DIPPERS
OR **CORN DOG**
OR **YOGURT BASKET**

Marinara Sauce,
Peaches, Milk

French Toast Sticks

9

CHALUPA
OR **BURRITO**
OR **YOGURT BASKET**

Corn, Peaches, Salsa,
Milk

Pancakes

16

FISH SANDWICH
OR **MAC & CHEESE w/**
chicken nuggets
OR **YOGURT BASKET**

Broccoli, Peaches,
Milk

PROFESSIONAL
DEVELOPMENT
NO SCHOOL

Pancakes

30

PIZZA DIPPERS
OR **DRUMSTICK w/ muffin**
OR **YOGURT BASKET**

Marinara Sauce,
Mixed Fruit, Milk

TUESDAY

Breakfast Sandwich

3

BEEF DIPPERS
OR **CHICKEN NUGGETS**
OR **HAM SANDWICH**

Fried Rice, Broccoli,
Pears, Cookie, Milk

Breakfast Pizza

10

HOT DOG
OR **CHICKEN NUGGETS**
OR **HAM SANDWICH**

Broccoli, Strawberries,
Grapes, Cookie, Milk

Breakfast Sandwich

17

PIZZA
OR **DRUMSTICK w/ muffin**
OR **HAM SANDWICH**

Potato Wedges,
Pears, Milk

Breakfast Pizza

24

CHICKEN & WAFFLES
OR **CHICKEN SANDWICH**
OR **YOGURT BASKET**

Green Beans, Peaches,
Lettuce, Pickle, Tomato,
Milk

Breakfast Sandwich

31

SOFT TACO
OR **CHALUPA**
OR **HAM SANDWICH**

Corn, Peaches,
Cookie, Milk

WEDNESDAY

French Toast Sticks

4

TURKEY ROAST
OR **CHICKEN PATTY**
OR **MUFFIN BASKET**

Mashed Potatoes, Green
Beans, Applesauce, Milk

Pancakes

11

BAKED CHICKEN
OR **PIZZA POCKET**
OR **MUFFIN BASKET**

Mashed Potatoes, Green
Beans, Applesauce, Milk

French Toast Sticks

18

CORN DOG
OR **EZ JAMMER**

Chips, Milk

Pancakes

25

TERIYAKI CHICKEN & RICE
OR **HOT DOG**
OR **MUFFIN BASKET**

Broccoli, Applesauce,
Milk

THURSDAY

Pancake on a Stick

5

NACHOS
OR **PIZZA**
OR **PRETZEL with CHEESE**

Pico de Gallo, Corn,
Mixed Fruit, Orange
Slices, Milk

Biscuits & Gravy

12

GRILLED CHEESE
OR **CHEESEBURGER**
OR **PRETZEL with CHEESE**

Tomato Soup, Mixed Fruit,
Lettuce, Pickle, Tomato,
Milk

19

PROFESSIONAL DEVELOPMENT
NO SCHOOL

Biscuits & Gravy

26

BEEF DIPPERS
OR **CHICKEN NUGGETS**
OR **PRETZEL with CHEESE**

Fried Rice, Pears,
Pudding, Milk

FRIDAY

Dutch Waffle

6

HAMBURGER
OR **EZ JAMMER**

Chips, Lettuce, Pickle,
Tomato, Milk

Breakfast Sliders

13

CHICKEN SANDWICH
OR **EZ JAMMER**

Chips, Lettuce, Pickle,
Tomato, Milk

20

Breakfast Sliders

27

HAMBURGER
OR **EZ JAMMER**

Chips, Lettuce, Pickle,
Tomato, Milk

2017-2018 MEAL PRICES

PAID ELEMENTARY STUDENT

Breakfast	\$1.00
Lunch	\$2.00

ADULT MEALS & 2nd STUDENT MEALS

Breakfast	\$2.50
Lunch	\$3.50

During **BREAKFAST**, cereal and muffins are offered as daily alternatives to the breakfast entrée. Milk, fruit and juice are offered daily at breakfast time.

During **LUNCH**, 3 entrée options are offered daily. (Fridays 2 entrees are offered.) All 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.

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

MENU IS SUBJECT TO CHANGE.



OCTOBER is National Farm to School Month. Did you know our district purchases and utilizes a variety of local foods for our school menu? We get our milk, cheese, cereal, potatoes and much of our produce from right here in Utah! Several of our schools including Escalante, Nibley Park, Beacon Heights, and Mountain View have school or community gardens where they are able to grow healthy produce and harvest it for school projects and student events.

Remember to fill out a school meal application for the 2017-2018 school year if you haven't already! A new application must be filled out each school year. At the beginning of a new school year students continue to receive free or reduced-priced meals temporarily but on **Monday October 2nd** this will EXPIRE and any students who have not turned in a new application by this date will be required to pay full price for meals. **Fill out an application today on our district website www.slcschools.org.** Select "Child Nutrition" on the "District" tab.



Visit **MyPaymentsPlus.com** to add money to your student's meal account online. Payments can also be made at the front office of your school.

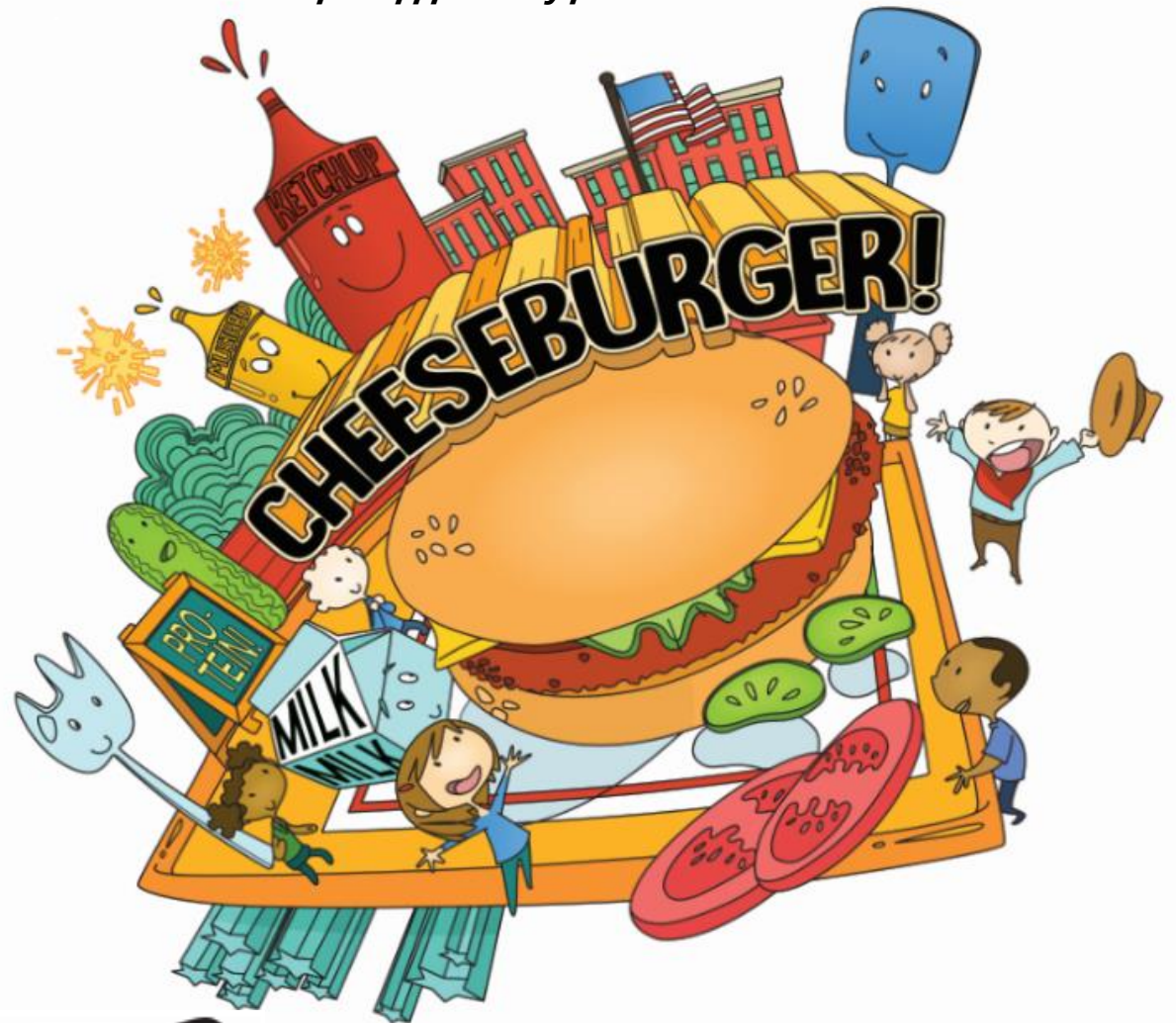
**WE'RE
HIRING**

Apply for Child Nutrition jobs online at www.slcschools.org. No evenings, weekends, or holidays. **\$11.50 per hour** starting wage. One **FREE** meal per work day.

[Access monthly menus, nutrition information, carb counts and allergy information online or on your phone.](#)
[Download the app and visit our district website.](#) There is a clickable link on our Child Nutrition Webpage and the app can be downloaded on iPhone or Android under the title "[Web Menus for School Nutrition.](#)"

No district employee or student shall be subjected to discrimination in employment or any district program or activity on the basis of age, color, disability, gender, gender identity, genetic information, national origin, pregnancy, race, religion, sexual orientation, or veteran status. The district is committed to providing equal access and equal opportunity in its programs, services, and employment including its policies, complaint processes, program accessibility, district facility use, accommodations, and other Equal Employment Opportunity matters. The district also provides equal access to district facilities for all youth groups listed in Title 36 of the United States Codes, including scouting groups. The following person has been designated to handle inquiries and complaints regarding unlawful discrimination, harassment and retaliation: Kathleen Christy, Assistant Superintendent, 440 East 100 South, Salt Lake City, Utah 84111, (801) 578-8251. You may also contact the Office for Civil Rights, Denver, CO, (303) 844-5695.

This institution is an equal opportunity provider.



OCTOBER 9-13 IS NATIONAL SCHOOL LUNCH WEEK

Did you know that more than 30 million students enjoy healthy school lunches every school day across the country? National School Lunch Week is a weeklong celebration of the school lunch program. It is an opportunity to celebrate our child nutrition staff as well as the quality, nutritious meals we are able to serve to students on a daily basis. Every year National School Lunch Week has a theme and this year it is "School Lunch: Recipes for Success." It's all about showing off the secrets to school lunch success by offering fresh fruits and vegetables, whole grains, high quality protein sources, and low-fat dairy. And, of course, the most important ingredient for the success of the program is our students!!!