

# October 2019

## Silver Mesa Elementary Lunch

October Lunch Prices Full Price: \$1.75 Reduced Price: \$0.40 Month Full Price: \$36.75 Month  
Reduced Price: \$8.40 Milk Carton (Any Flavor): \$0.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<ul style="list-style-type: none"> <li>Breakfast Burrito</li> <li>Mini Corn Dogs</li> <li>Assorted Baked Chips</li> <li>Chef Salad</li> <li>Whole Wheat Roll</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Cherry Tomatoes</li> <li>Black Beans</li> <li>Fresh Orange</li> <li>Sliced Strawberries with Whipped Topping</li> <li>Pineapple Bites</li> </ul>	<ul style="list-style-type: none"> <li>Crispy Chicken Drumstick or Chicken Patty</li> <li>Mashed Potatoes</li> <li>Chicken Gravy</li> <li>Whole Wheat Roll</li> <li>Cheesy Nachos</li> <li>Taco Meat</li> <li>Tuna Sandwich</li> <li>Assorted Baked Chips</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Peas</li> <li>Fresh Apple</li> <li>Mandarin Oranges</li> <li>Sliced Pears</li> <li>Low-Fat Strawberry Milk ★</li> </ul>	<ul style="list-style-type: none"> <li>Orange Chicken</li> <li>Brown Rice</li> <li>Chicken Nuggets</li> <li>Oven-Baked Crinkle Fries</li> <li>Taco Salad</li> <li>Whole Wheat Breadstick</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Steamed Broccoli</li> <li>Green Grapes</li> <li>Banana</li> <li>Blueberries with Whipped Topping</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pizza Ripper</li> <li>Pepperoni Pizza Ripper</li> <li>Whole Wheat Breadstick</li> <li>Bean &amp; Cheese Burrito</li> <li>Turkey Sandwich</li> <li>Assorted Baked Chips</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Baby Carrots</li> <li>Sliced Peaches</li> <li>Pineapple Bites</li> <li>Raisels</li> </ul>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<ul style="list-style-type: none"> <li>Walking Taco</li> <li>Hamburger</li> <li>Grilled Cheese Sandwich</li> <li>Oven-Baked Tater Tots</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Corn</li> <li>Refried Beans</li> <li>Fresh Plum</li> <li>Fresh Pineapple</li> <li>Sliced Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Pork Chop</li> <li>Mashed Potatoes</li> <li>Brown Gravy</li> <li>Mini Corn Dogs</li> <li>Assorted Baked Chips</li> <li>Chef Salad</li> <li>Whole Wheat Roll</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>California Blend Vegetables</li> <li>Fresh Apple</li> <li>Mandarin Oranges</li> <li>Raisins</li> </ul>	<ul style="list-style-type: none"> <li>Teriyaki Chicken</li> <li>Brown Rice</li> <li>Whole Wheat Roll</li> <li>Cheesy Nachos</li> <li>Taco Meat</li> <li>WowButter and Jelly Sandwich</li> <li>Goldfish Crackers</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Sunshine Carrots</li> <li>Fresh Orange</li> <li>Fresh Peach</li> <li>Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Crunchy Fish Fillet</li> <li>Crispy Chicken Sandwich</li> <li>Spicy Chicken Sandwich</li> <li>Oven-Baked Crinkle Fries</li> <li>Taco Salad</li> <li>Whole Wheat Breadstick</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Cucumber Slices</li> <li>Banana</li> <li>Mandarin Oranges</li> <li>Raisels</li> <li>Carnival Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Pepperoni Pizza</li> <li>Whole Wheat Breadstick</li> <li>Bean &amp; Cheese Burrito</li> <li>Turkey Sandwich</li> <li>Assorted Baked Chips</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Fresh Broccoli Florets</li> <li>Fresh Pear</li> <li>Pineapple Bites</li> <li>Craisins</li> </ul>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<ul style="list-style-type: none"> <li>Corn Dog</li> <li>Hamburger</li> <li>Grilled Cheese Sandwich</li> <li>Oven-Baked Tater Tots</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Fresh Veggie Sticks</li> <li>Baked Beans</li> <li>Nectarine</li> <li>Mandarin Oranges</li> <li>Sliced Pears</li> </ul>	<ul style="list-style-type: none"> <li>Hawaiian Haystack</li> <li>Brown Rice</li> <li>Mini Corn Dogs</li> <li>Assorted Baked Chips</li> <li>Chef Salad</li> <li>Whole Wheat Breadstick</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Steamed Carrots</li> <li>Honeydew</li> <li>Fresh Apple</li> <li>Pineapple Bites</li> <li>Fruit Sorbet</li> </ul>	<ul style="list-style-type: none"> <li>French Toast Sticks with Maple Syrup Cup</li> <li>Assorted Yogurt</li> <li>Cheesy Nachos</li> <li>Taco Meat</li> <li>Tuna Sandwich</li> <li>Assorted Baked Chips</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Fresh Veggie Sticks</li> <li>Fresh Orange</li> <li>Mixed Berries with Whipped Topping</li> <li>Sliced Peaches</li> </ul>	NO SCHOOL - FALL RECESS	NO SCHOOL - FALL RECESS
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<ul style="list-style-type: none"> <li>BBQ Rib Sandwich</li> <li>Hamburger</li> <li>Grilled Cheese Sandwich</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Oven-Baked Tater Tots</li> <li>Fresh Veggie Sticks</li> <li>Baked Beans</li> <li>Fresh Pineapple</li> <li>Mandarin Oranges</li> <li>Raisels</li> </ul>	<ul style="list-style-type: none"> <li>Orange Chicken</li> <li>Brown Rice</li> <li>Mini Corn Dogs</li> <li>Assorted Baked Chips</li> <li>Chef Salad</li> <li>Whole Wheat Roll</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Steamed Broccoli</li> <li>Green Grapes</li> <li>Sliced Strawberries with Whipped Topping</li> <li>Sliced Peaches</li> </ul>	Utah "Crunch an Apple" Day! <ul style="list-style-type: none"> <li>Canyons Chicken Bowl</li> <li>Whole Wheat Roll</li> <li>Cheesy Nachos</li> <li>Taco Meat</li> <li>WowButter and Jelly Sandwich</li> <li>Goldfish Crackers</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Corn</li> <li>Local Apple</li> <li>Applesauce</li> <li>Raisins</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Stuffed Ravioli</li> <li>Crispy Chicken Sandwich</li> <li>Spicy Chicken Sandwich</li> <li>Oven-Baked Crinkle Fries</li> <li>Taco Salad</li> <li>Garlic Breadstick</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Steamed Green Beans</li> <li>Banana</li> <li>Mandarin Oranges</li> <li>Pineapple Bites</li> <li>Mini Chocolate Chip Cookies</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Pepperoni Pizza</li> <li>Whole Wheat Breadstick</li> <li>Bean &amp; Cheese Burrito</li> <li>Turkey Sandwich</li> <li>Assorted Baked Chips</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Baby Carrots</li> <li>Fresh Orange</li> <li>Sliced Pears</li> <li>Craisins</li> </ul>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<ul style="list-style-type: none"> <li>Baked Potato</li> <li>Whole Wheat Breadstick</li> <li>Hamburger</li> <li>Grilled Cheese Sandwich</li> <li>Oven-Baked Tater Tots</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Green Salad</li> <li>Red Grapes</li> <li>Applesauce</li> <li>Craisins</li> </ul>	<ul style="list-style-type: none"> <li>Egg Roll</li> <li>Ham Fried Rice</li> <li>Mini Corn Dogs</li> <li>Assorted Baked Chips</li> <li>Chef Salad</li> <li>Whole Wheat Breadstick</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Steamed Broccoli</li> <li>Fresh Orange</li> <li>Blueberries with Whipped Topping</li> <li>Pineapple Bites</li> </ul>	<ul style="list-style-type: none"> <li>Hot Ham &amp; Cheese Sandwich</li> <li>Potato Wedges</li> <li>Cheesy Nachos</li> <li>Taco Meat</li> <li>Tuna Sandwich</li> <li>Assorted Baked Chips</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Cucumber Slices</li> <li>Baked Beans</li> <li>Fresh Apple</li> <li>Fresh Pineapple</li> <li>Mandarin Oranges</li> </ul>	Happy Halloween! <ul style="list-style-type: none"> <li>"Mummy" Dogs</li> <li>Chicken Nuggets</li> <li>Oven-Baked Crinkle Fries</li> <li>Taco Salad</li> <li>Whole Wheat Breadstick</li> </ul> <b>Side Options:</b> <ul style="list-style-type: none"> <li>Baby Carrots</li> <li>"Candy Corn" Fruit Cup</li> <li>Banana</li> <li>Raisins</li> <li>Halloween Sugar Cookie</li> </ul>	

More Details: [canyonsdistrict.nutrislice.com/menu/silver-mesa/lunch/](https://canyonsdistrict.nutrislice.com/menu/silver-mesa/lunch/)  
 Layout, design & code & copy; Nutrislice, Inc. Private and non-commercial uses permitted.  
 This institution is an equal opportunity provider.