



January 2018

## Hillside Herald 2017-2018

Hillside Middle School

1825 South Nevada Street (2375 East), Salt Lake City, UT 84108

Phone: (801)-481-4828 Fax: (801)-481-4831

### *From the Desk of Mrs. Berntson*

#### Happy New Year!

As we welcome back our students from their winter break, we hope they will be excited to return to finish the end of 2nd Quarter (January 19), say good-bye as one of our dear and favored teachers, Mrs. Matthews, who will be retiring in January, and prepare for the last half of the school year.

We have been alerted by our school district of a rising concern regarding e-cigarettes and vaping. The new vape is called juul. The biggest concern is that some companies are making the vape cigarette the same look as a small flash drive that can be hidden easily in their hand or pocket. I have attached two articles that explain some of the details about them. <http://upr.org/post/teenagers-embrace-juul-saying-its-discreet-enough-vape-class> <https://www.bostonglobe.com/metro/2017/11/15/where-teenagers-are-high-school-bathrooms-vaping/IJ6xYWWIOTKqsUGTTlw4UO/story.html>

Besides academics, our main focus is to keep our students safe. Please keep the lines of communication open with your student and their friends to avoid the many dangers that are in the world.

Thank you for supporting our students!

### **Parents – You are invited to 8<sup>th</sup> Grade Pre-Registration and “Part B” of the 7<sup>th</sup> grade Group College & Career Readiness Conferences!**

The counselors will be in Language Arts classrooms as per the calendar dates below. During these presentation, 7<sup>th</sup> grade students will be receiving pre-registration materials for 8<sup>th</sup> grade. We will also introduce you to a few websites to learn about getting ready for the cost of college and career training programs. Please join us if you are available. Students will bring registration materials home on the evening of the presentation to have additional time to review with parents. We look forward to meeting with you and your child if you are available.


#### Your child’s presentation will be on:

Ms. Trefethen – Wednesday, February 14<sup>th</sup>

Ms. Davis – Monday, February 5<sup>th</sup>

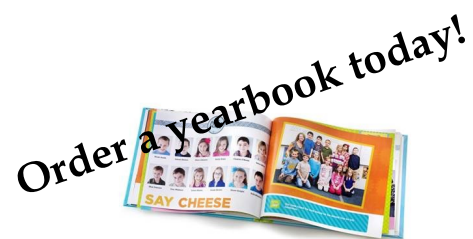
Mr. Howard—Monday, January 29<sup>th</sup>

### Important Dates for January

Monday, Jan. 8th: School Resumes  
 Tuesday, Jan. 9th: PTA Meeting @ 9:30am  
 Monday, Jan. 15th: No School (Martin Luther King Jr. Day)  
 Tuesday, Jan. 16th: SCC @ 7:30am  
 Friday, Jan. 19th: End of Term 2/Semester 1  
 Mon., Jan 22-Thurs., Jan 25th: Spirit Week   
 Wednesday, Jan. 24th: Science Fair  
 Thursday, Jan. 25th: Hillside Open House 5-7pm  
 Friday, Jan. 26th: Non Student Day (No School)  
 Wednesday, Jan. 31st: Band Concert with Highland High

### Year books!

Year books are still on sale for **\$20.00** and will be on sale all year. *Get one today!*

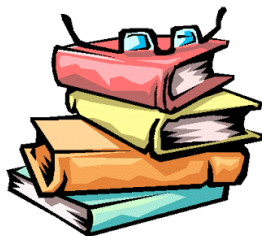


### Registration Information

#### 8TH GRADE STUDENTS!

Highland and East High will be coming to Hillside to register the 8th grade students for 9th grade on **Tuesday, February 13th**. Highland High Registration materials will be handed out during your child's United States History class. Parents are welcome to attend.

East High will meet with students in the conference room in the office. Parents who wish to meet with East High should contact Cari Fifield to get more details.



#### 6TH GRADE STUDENTS!

Hillside counselors will be visiting the elementary feeders for 6<sup>th</sup> grade pre-registration. Parents are invited. Students will bring home the registration information and elective choices to discuss with parents that cannot attend.

Below are tentative dates:

February 1st: Whittier @ 12:50pm & 1:40pm

February 7th: Indian Hills @ 2:15pm

February 8th: Dilworth @ 1:25pm

February 12th: Beacon Heights @ 2:35pm

February 13th: Highland Park @ 11:15am

*Hillside Musical 2017*

*Hillside Middle School presents...*

# *Peter Pan!*



*February 21st—26th @ 7:00 pm*

*February 21st Elementary Matinee @ 9:30 am*

*February 23rd Hillside Matinee @ 12:00 pm*

*February 24th Matinee Performance @ 1:00 pm*

*Hillside's cast and crew of this year's musical (Peter Pan) are looking for items and/or donations to sell in their silent auction. If you wish to donate, or know someone or a business who would love to contribute, please contact Nathan Holcomb at 801-481-4828 ext. 1094. All proceeds go directly to the musical's fund to ensure these high quality productions in the future!*

## Special Education Classroom Needs

### Classroom Needs

Our Special Education Classrooms here at Hillside could use your help! At this time of year you may be feeling the Holiday Spirit, or simply doing some housecleaning to make room for the new gifts heading your way! Our special education classrooms are ready to accept your donations! Here are some things that we could use and would welcome:

#### Cooking/Household Items including:

- Cake, brownie, cookie mixes
- Frosting
- Easy to prepare packaged food items such as noodles, mac and cheese, Ramen noodles, jam or jelly, crackers
- Individually bagged snack chips, cookies, or crackers
- Small Gatorade, juice boxes
- Ketchup
- Gummy treats, fruit snacks, roll-ups
- Laundry detergent, dryer sheets
- Vinegar, baking soda
- Chapstick
- Gently used clothing items (boys & girls) appropriate for middle school students



#### Craft Items including:

- Play doh
- Modeling clay
- Modeling sand
- Art/craft kits
- Wooden crafts, ready to paint
- Craft sticks
- Buttons for crafts
- Pipe cleaners



#### Toys/Entertainment including:

- Card games (Go Fish, UNO, Crazy 8, etc.)
- Board games
- Sports balls
- Large size Legos and Duplo blocks
- Lincoln logs
- Fire trucks, fire fighter figurines
- Disney or movie merchandise or figures
- Comic book action heroes
- Gently used toys from Happy Meals



Thank You in advance!!

## January Lunch Menu

January Middle Lunch  
SLCSD 2017-18

8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
Orange Chicken Rice Bowl	Country Fried Steak	Italian Chicken w/Pasta	Chicken Nuggets	Corn Dog
California Veggies	Whole Grain Roll	Steamed Broccoli	Whole Grain Roll	French Fries
Mini Carrots	Mashed Potatoes	Banana	Mashed Potatoes	Baked Beans
Apple	Country Gravy	Strawberries	Chicken Gravy	Apple Slices
Mixed Fruit	Peas and Carrots	Chocolate/Vanilla Pudding	Green Beans FZ USDA	Peaches
Fortune Cookie	Cantaloupe	Milk	Blueberry Cups	Chocolate Chunk Cookie
Soy Sauce	Applesauce Cup		Pears	Mustard
Ranch Dressing	Milk		BBQ Sauce	Ketchup
Milk			Sweet n Sour Sauce	Milk
			Milk	
Chef Salad/Breadstick	Chef Salad/Breadstick	Chef Salad/Breadstick	Chef Salad/Breadstick	Chef Salad/Breadstick
Veggie Salad/Breakstick	Veggie Salad/Breakstick	Veggie Salad/Breakstick	Veggie Salad/Breakstick	Veggie Salad/Breakstick
Southwest Salad/Breadstick	Southwest Salad/Breadstick	Southwest Salad/Breadstick	Southwest Salad/Breadstick	Southwest Salad/Breadstick
Fruit and Cheese	Fruit and Cheese	Fruit and Cheese	Fruit and Cheese	Fruit and Cheese
Italian Club Sandwich	Italian Club Sandwich	Italian Club Sandwich	Italian Club Sandwich	Italian Club Sandwich
Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich
Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich
Assorted Chips	Assorted Chips	Assorted Chips	Assorted Chips	Assorted Chips
Mini Carrots	Zucchini Sticks	Cherry Tomatoes	Sugar Snap Peas	Baked Beans
Green Pepper Strips	Red Pepper Strips	Broccoli	Salad Cup	Peas Fzn USDA
Apple	Cantaloupe	Banana	Blueberry Cups	Apple Slices
Mixed Fruit	Applesauce Cup	Strawberries	Pears	Peaches
Lettuce/Pickle/Tom Cup	Jalapeno Peppers	Chocolate/Vanilla Pudding	Lettuce/Pickle/Tom Cup	Chocolate Chunk Cookie
Jalapeno Peppers	Lettuce/Pickle/Tom Cup	Lettuce/Pickle/Tom Cup	Jalapeno Peppers	Lettuce/Pickle/Tom Cup
Ranch Dressing	Thousand Island Dressing	Jalapeno Peppers	Ranch Dressing	Jalapeno Peppers
Thousand Island Dressing	Ranch Dressing	Ranch Dressing	Thousand Island Dressing	Ranch Dressing
Milk	Milk	Thousand Island Dressing	Milk	Thousand Island Dressing
		Milk		Milk
Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
Hawaiian Pizza	Hawaiian Pizza	Hawaiian Pizza	Hawaiian Pizza	Hawaiian Pizza
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza
Mini Carrots	Zucchini Sticks	Broccoli	Sugar Snap Peas	Baked Beans
Green Pepper Strips	Red Pepper Strips	Cherry Tomatoes	Salad Cup	Peas Fzn USDA
Apple	Cantaloupe	Banana	Blueberry Cups	Apple Slices
Mixed Fruit	Applesauce Cup	Strawberries	Pears	Peaches
Jalapeno Peppers	Jalapeno Peppers	Chocolate/Vanilla Pudding	Ranch Dressing	Chocolate Chunk Cookie
Ranch Dressing	Ranch Dressing	Jalapeno Peppers	Thousand Island Dressing	Jalapeno Peppers
Milk	Milk	Ranch Dressing	Jalapeno Peppers	Ranch Dressing
		Milk	Milk	Milk
Breaded Chicken Sandwich	Breaded Chicken Sandwich	Breaded Chicken Sandwich	Breaded Chicken Sandwich	Breaded Chicken Sandwich
Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich
Hamburger	Hamburger	Hamburger	Hamburger	Hamburger
Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger
Grilled Cheese Sandwich	Grilled Cheese Sandwich	Grilled Cheese Sandwich	Grilled Cheese Sandwich	Grilled Cheese Sandwich
BBQ Pulled Pork Sandwich	Zucchini Sticks	BBQ Pulled Pork Sandwich	Sugar Snap Peas	BBQ Pulled Pork Sandwich
Sweet Potato Fries	Red Pepper Strips	Cherry Tomatoes	Salad Cup	Baked Beans
Green Pepper Strips	Cantaloupe	Broccoli	Blueberry Cups	Peas Fzn USDA
Apple	Applesauce Cup	Banana	Pears	Apple Slices
Mixed Fruit	Jalapeno Peppers	Strawberries	Jalapeno Peppers	Peaches
Jalapeno Peppers	Chopped Onion	Chocolate/Vanilla Pudding	Chopped Onion	Chocolate Chunk Cookie
Chopped Onion	Lettuce/Pickle/Tomato Cup	Jalapeno Peppers	Lettuce/Pickle/Tomato Cup	Jalapeno Peppers
Lettuce/Pickle/Tomato Cup	Ketchup/Mayo/Mustard	Chopped Onion	Ketchup/Mayo/Mustard	Chopped Onion
Ranch Dressing	Sriracha Ketchup	Lettuce/Pickle/Tomato Cup	Sriracha Ketchup	Lettuce/Pickle/Tomato Cup
Ketchup/Mayo/Mustard	Ranch Dressing	Ketchup/Mayo/Mustard	Ranch Dressing	Ketchup/Mayo/Mustard
Sriracha Ketchup	Milk	Sriracha Ketchup	Thousand Island Dressing	Sriracha Ketchup
Milk		Ranch Dressing	Mayonnaise	Ranch Dressing
		Mayonnaise	Mustard	Mayonnaise
		Mustard	Milk	Mustard
		Milk		Milk

January Middle Lunch  
SLCSD 2017-18

15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
Tacos	Teriyaki Beef Dippers	Nachos Picantes	Chicken Potato Bowl	Sloppy Joe
Fiesta Rice	Fried Rice	Salad Cup	Corn Muffin	String Cheese
Pico de Gallo	Steamed Broccoli	Sugar Snap Peas	Mini Peppers	Sweet Potato Fries
Black Beans	Zucchini Sticks	Orange	Peaches	Celery Sticks
Apple	Grapes	Pears	Strawberries	Apple
Peaches	Applesauce Cup	Salsa	Ranch Dressing	Mixed Fruit
Snickerdoodle Cookie	Ranch Dressing	Shredded Cheese	Milk	Chocolate/Vanilla Pudding
Shredded Lettuce Cup	Milk	Sour Cream		Ketchup
Jalapeno Peppers		Jalapeno Peppers		Ranch Dressing
Sour Cream		Ranch Dressing		Milk
Salsa		Thousand Island Dressing		
Milk		Milk		
Chef Salad/Breadstick	Chef Salad/Breadstick	Chef Salad/Breadstick	Chef Salad/Breadstick	Chef Salad/Breadstick
Veggie Salad/Breakstick	Veggie Salad/Breakstick	Veggie Salad/Breakstick	Veggie Salad/Breakstick	Veggie Salad/Breakstick
Southwest Salad/Breadstick	Southwest Salad/Breadstick	Southwest Salad/Breadstick	Southwest Salad/Breadstick	Southwest Salad/Breadstick
Fruit and Cheese	Fruit and Cheese	Fruit and Cheese	Fruit and Cheese	Fruit and Cheese
Italian Club Sandwich	Italian Club Sandwich	Italian Club Sandwich	Italian Club Sandwich	Italian Club Sandwich
Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich
Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich
Assorted Chips	Assorted Chips	Assorted Chips	Assorted Chips	Assorted Chips
Mini Carrots	Broccoli	Salad Cup	Corn Salad	Celery Sticks
Black Beans	Zucchini Sticks	Sugar Snap Peas	Mini Peppers	Mini Carrots
Apple	Grapes	Orange	Peaches	Apple
Peaches	Applesauce Cup	Pears	Strawberries	Mixed Fruit
Snickerdoodle Cookie	Jalapeno Peppers	Jalapeno Peppers	Jalapeno Peppers	Chocolate/Vanilla Pudding
Lettuce/Pickle/Tom Cup	Lettuce/Pickle/Tom Cup	Lettuce/Pickle/Tom Cup	Lettuce/Pickle/Tom Cup	Jalapeno Peppers
Jalapeno Peppers	Ranch Dressing	Thousand Island Dressing	Ranch Dressing	Lettuce/Pickle/Tom Cup
Ranch Dressing	Thousand Island Dressing	Ranch Dressing	Thousand Island Dressing	Ranch Dressing
Thousand Island Dressing	Milk	Milk	Milk	Thousand Island Dressing
Milk				Milk
Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
Hawaiian Pizza	Hawaiian Pizza	Hawaiian Pizza	Hawaiian Pizza	Hawaiian Pizza
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza
Mini Carrots	Broccoli	Salad Cup	Corn Salad	Celery Sticks
Black Beans	Zucchini Sticks	Sugar Snap Peas	Mini Peppers	Mini Carrots
Apple	Grapes	Orange	Peaches	Apple
Peaches	Applesauce Cup	Pears	Strawberries	Mixed Fruit
Snickerdoodle Cookie	Jalapeno Peppers	Ranch Dressing	Ranch Dressing	Chocolate/Vanilla Pudding
Jalapeno Peppers	Ranch Dressing	Thousand Island Dressing	Jalapeno Peppers	Ranch Dressing
Ranch Dressing	Milk	Jalapeno Peppers	Milk	Jalapeno Peppers
Milk		Milk		Milk
Breaded Chicken Sandwich	Breaded Chicken Sandwich	Breaded Chicken Sandwich	Breaded Chicken Sandwich	Breaded Chicken Sandwich
Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich
Hamburger	Hamburger	Hamburger	Hamburger	Hamburger
Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger
Grilled Cheese Sandwich	Grilled Cheese Sandwich	Grilled Cheese Sandwich	Grilled Cheese Sandwich	Grilled Cheese Sandwich
BBQ Pulled Pork Sandwich	Broccoli	BBQ Pulled Pork Sandwich	Corn Salad	BBQ Pulled Pork Sandwich
Mini Carrots	Zucchini Sticks	Salad Cup	Mini Peppers	Sweet Potato Fries
Black Beans	Grapes	Sugar Snap Peas	Peaches	Celery Sticks
Apple	Applesauce Cup	Orange	Strawberries	Apple
Peaches	Jalapeno Peppers	Pears	Jalapeno Peppers	Mixed Fruit
Snickerdoodle Cookie	Chopped Onion	Jalapeno Peppers	Chopped Onion	Chocolate/Vanilla Pudding
Jalapeno Peppers	Lettuce/Pickle/Tomato Cup	Chopped Onion	Lettuce/Pickle/Tomato Cup	Jalapeno Peppers
Chopped Onion	Ketchup/Mayo/Mustard	Lettuce/Pickle/Tomato Cup	Ketchup/Mayo/Mustard	Chopped Onion
Lettuce/Pickle/Tomato Cup	Sriracha Ketchup	Ketchup/Mayo/Mustard	Sriracha Ketchup	Lettuce/Pickle/Tomato Cup
Ketchup/Mayo/Mustard	Ranch Dressing	Sriracha Ketchup	Ranch Dressing	Ketchup/Mayo/Mustard
Sriracha Ketchup	Milk	Ranch Dressing	Milk	Sriracha Ketchup
Ranch Dressing		Thousand Island Dressing		Ranch Dressing
Milk		Milk		Milk

January Middle Lunch  
SLCSD 2017-18

22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
Teriyaki Chicken Rice Bowl	Turkey Steak	Creamy Chicken Enchilada	Grilled Cheese Sandwich	Baked Chicken
California Vegetables	Whole Grain Roll	Black Beans	Tomato Soup	Whole Grain Roll
Cherry Tomatoes	Mashed Potatoes	Pico de Gallo	Corn Salad	Seasoned Mashers
Apple	Turkey Gravy	Blueberry Cups	Celery Sticks	Steamed Broccoli
Mixed Fruit	Green Beans/Carrots FZ	Pears	Grapes	Mini Carrots
Fortune Cookie	Pineapple	Chocolate Celebration Cookie	Applesauce Cup	Apple
Soy Sauce	Strawberries	Jalapeno Peppers	Ranch Dressing	Peaches
Ranch Dressing	Milk	Salsa	Milk	Ranch Dressing
Milk		Milk		Milk
Chef Salad/Breadstick	Chef Salad/Breadstick	Chef Salad/Breadstick	Chef Salad/Breadstick	Chef Salad/Breadstick
Veggie Salad/Breadstick	Veggie Salad/Breadstick	Veggie Salad/Breadstick	Veggie Salad/Breadstick	Veggie Salad/Breadstick
Southwest Salad/Breadstick	Southwest Salad/Breadstick	Southwest Salad/Breadstick	Southwest Salad/Breadstick	Southwest Salad/Breadstick
Fruit and Cheese	Fruit and Cheese	Fruit and Cheese	Fruit and Cheese	Fruit and Cheese
Italian Club Sandwich	Italian Club Sandwich	Italian Club Sandwich	Italian Club Sandwich	Italian Club Sandwich
Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich
Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich
Assorted Chips	Assorted Chips	Assorted Chips	Assorted Chips	Assorted Chips
Cherry Tomatoes	Cauliflower	Black Beans	Corn Salad	Broccoli
Veggie Mix Cup	Green Pepper	Salad Cup	Celery Sticks	Mini Carrots
Apple	Pineapple	Blueberry Cups	Grapes	Apple
Mixed Fruit	Strawberries	Pears	Applesauce Cup	Peaches
Jalapeno Peppers	Lettuce/Pickle/Tom Cup	Chocolate Celebration Cookie	Lettuce/Pickle/Tom Cup	Jalapeno Peppers
Lettuce/Pickle/Tom Cup	Jalapeno Peppers	Jalapeno Peppers	Jalapeno Peppers	Lettuce/Pickle/Tom Cup
Ranch Dressing	Ranch Dressing	Lettuce/Pickle/Tom Cup	Ranch Dressing	Ranch Dressing
Thousand Island Dressing	Thousand Island Dressing	Ranch Dressing	Thousand Island Dressing	Thousand Island Dressing
Milk	Milk	Thousand Island Dressing	Milk	Milk
		Milk		
Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
Hawaiian Pizza	Hawaiian Pizza	Hawaiian Pizza	Hawaiian Pizza	Hawaiian Pizza
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza
Cherry Tomatoes	Cauliflower	Black Beans	Corn Salad	Broccoli
Veggie Mix Cup	Green Pepper	Salad Cup	Celery Sticks	Mini Carrots
Apple	Pineapple	Blueberry Cups	Grapes	Apple
Mixed Fruit	Strawberries	Pears	Applesauce Cup	Peaches
Ranch Dressing	Jalapeno Peppers	Chocolate Celebration Cookie	Jalapeno Peppers	Ranch Dressing
Jalapeno Peppers	Ranch Dressing	Ranch Dressing	Ranch Dressing	Jalapeno Peppers
Milk	Milk	Thousand Island Dressing	Milk	Milk
		Jalapeno Peppers		
		Milk		
Breaded Chicken Sandwich	Breaded Chicken Sandwich	Breaded Chicken Sandwich	Breaded Chicken Sandwich	Breaded Chicken Sandwich
Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich
Hamburger	Hamburger	Hamburger	Hamburger	Hamburger
Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger
Grilled Cheese Sandwich	Grilled Cheese Sandwich	Grilled Cheese Sandwich	Grilled Cheese Sandwich	Grilled Cheese Sandwich
BBQ Pulled Pork Sandwich	Cauliflower	BBQ Pulled Pork Sandwich	Corn Salad	BBQ Pulled Pork Sandwich
Sweet Potato Fries	Green Pepper	Black Beans	Celery Sticks	Broccoli
Veggie Mix Cup	Pineapple	Salad Cup	Grapes	Mini Carrots
Apple	Strawberries	Blueberry Cups	Applesauce Cup	Apple
Mixed Fruit	Jalapeno Peppers	Pears	Jalapeno Peppers	Peaches
Jalapeno Peppers	Chopped Onion	Chocolate Celebration Cookie	Chopped Onion	Jalapeno Peppers
Chopped Onion	Lettuce/Pickle/Tomato Cup	Jalapeno Peppers	Lettuce/Pickle/Tomato Cup	Chopped Onion
Lettuce/Pickle/Tomato Cup	Ketchup/Mayo/Mustard	Chopped Onion	Ketchup/Mayo/Mustard	Lettuce/Pickle/Tomato Cup
Ketchup/Mayo/Mustard	Sriracha Ketchup	Lettuce/Pickle/Tomato Cup	Sriracha Ketchup	Ketchup/Mayo/Mustard
Sriracha Ketchup	Ranch Dressing	Ketchup/Mayo/Mustard	Ranch Dressing	Sriracha Ketchup
Ranch Dressing	Milk	Sriracha Ketchup	Milk	Ranch Dressing
Milk		Ranch Dressing		Milk
		Thousand Island Dressing		
		Milk		

January Middle Lunch  
SLCSD 2017-18

29-Jan	30-Jan	31-Jan	1-Feb	2-Feb
Orange Chicken Rice Bowl	Country Fried Steak	Italian Chicken w/Pasta	Chicken Nuggets	Corn Dog
California Veggies	Whole Grain Roll	Steamed Broccoli	Whole Grain Roll	French Fries
Mini Carrots	Mashed Potatoes	Banana	Mashed Potatoes	Baked Beans
Apple	Country Gravy	Strawberries	Chicken Gravy	Apple Slices
Mixed Fruit	Peas and Carrots	Chocolate/Vanilla Pudding	Green Beans FZ USDA	Peaches
Fortune Cookie	Cantaloupe	Milk	Blueberry Cups	Chocolate Chunk Cookie
Soy Sauce	Applesauce Cup		Pears	Mustard
Ranch Dressing	Milk		BBQ Sauce	Ketchup
Milk			Sweet n Sour Sauce	Milk
			Milk	
Chef Salad/Breadstick	Chef Salad/Breadstick	Chef Salad/Breadstick	Chef Salad/Breadstick	Chef Salad/Breadstick
Veggie Salad/Breakstick	Veggie Salad/Breakstick	Veggie Salad/Breakstick	Veggie Salad/Breakstick	Veggie Salad/Breakstick
Southwest Salad/Breadstick	Southwest Salad/Breadstick	Southwest Salad/Breadstick	Southwest Salad/Breadstick	Southwest Salad/Breadstick
Fruit and Cheese	Fruit and Cheese	Fruit and Cheese	Fruit and Cheese	Fruit and Cheese
Italian Club Sandwich	Italian Club Sandwich	Italian Club Sandwich	Italian Club Sandwich	Italian Club Sandwich
Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich	Ham and Cheese Sandwich
Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich	Turkey and Cheese Sandwich
Assorted Chips	Assorted Chips	Assorted Chips	Assorted Chips	Assorted Chips
Mini Carrots	Zucchini Sticks	Cherry Tomatoes	Sugar Snap Peas	Baked Beans
Green Pepper Strips	Red Pepper Strips	Broccoli	Salad Cup	Peas Fzn USDA
Apple	Cantaloupe	Banana	Blueberry Cups	Apple Slices
Mixed Fruit	Applesauce Cup	Strawberries	Pears	Peaches
Lettuce/Pickle/Tom Cup	Jalapeno Peppers	Chocolate/Vanilla Pudding	Lettuce/Pickle/Tom Cup	Chocolate Chunk Cookie
Jalapeno Peppers	Lettuce/Pickle/Tom Cup	Lettuce/Pickle/Tom Cup	Jalapeno Peppers	Lettuce/Pickle/Tom Cup
Ranch Dressing	Thousand Island Dressing	Jalapeno Peppers	Ranch Dressing	Jalapeno Peppers
Thousand Island Dressing	Ranch Dressing	Ranch Dressing	Thousand Island Dressing	Ranch Dressing
Milk	Milk	Thousand Island Dressing	Milk	Thousand Island Dressing
		Milk		Milk
Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
Hawaiian Pizza	Hawaiian Pizza	Hawaiian Pizza	Hawaiian Pizza	Hawaiian Pizza
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza	Buffalo Chicken Pizza
Mini Carrots	Zucchini Sticks	Broccoli	Sugar Snap Peas	Baked Beans
Green Pepper Strips	Red Pepper Strips	Cherry Tomatoes	Salad Cup	Peas Fzn USDA
Apple	Cantaloupe	Banana	Blueberry Cups	Apple Slices
Mixed Fruit	Applesauce Cup	Strawberries	Pears	Peaches
Jalapeno Peppers	Jalapeno Peppers	Chocolate/Vanilla Pudding	Ranch Dressing	Chocolate Chunk Cookie
Ranch Dressing	Ranch Dressing	Jalapeno Peppers	Thousand Island Dressing	Jalapeno Peppers
Milk	Milk	Ranch Dressing	Jalapeno Peppers	Ranch Dressing
		Milk	Milk	Milk
Breaded Chicken Sandwich	Breaded Chicken Sandwich	Breaded Chicken Sandwich	Breaded Chicken Sandwich	Breaded Chicken Sandwich
Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich	Spicy Chicken Sandwich
Hamburger	Hamburger	Hamburger	Hamburger	Hamburger
Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger
Grilled Cheese Sandwich	Grilled Cheese Sandwich	Grilled Cheese Sandwich	Grilled Cheese Sandwich	Grilled Cheese Sandwich
BBQ Pulled Pork Sandwich	Zucchini Sticks	BBQ Pulled Pork Sandwich	Sugar Snap Peas	BBQ Pulled Pork Sandwich
Sweet Potato Fries	Red Pepper Strips	Cherry Tomatoes	Salad Cup	Baked Beans
Green Pepper Strips	Cantaloupe	Broccoli	Blueberry Cups	Peas Fzn USDA
Apple	Applesauce Cup	Banana	Pears	Apple Slices
Mixed Fruit	Jalapeno Peppers	Strawberries	Jalapeno Peppers	Peaches
Jalapeno Peppers	Chopped Onion	Chocolate/Vanilla Pudding	Chopped Onion	Chocolate Chunk Cookie
Chopped Onion	Lettuce/Pickle/Tomato Cup	Jalapeno Peppers	Lettuce/Pickle/Tomato Cup	Jalapeno Peppers
Lettuce/Pickle/Tomato Cup	Ketchup/Mayo/Mustard	Chopped Onion	Ketchup/Mayo/Mustard	Chopped Onion
Ranch Dressing	Sriracha Ketchup	Lettuce/Pickle/Tomato Cup	Sriracha Ketchup	Lettuce/Pickle/Tomato Cup
Ketchup/Mayo/Mustard	Ranch Dressing	Ketchup/Mayo/Mustard	Ranch Dressing	Ketchup/Mayo/Mustard
Sriracha Ketchup	Milk	Sriracha Ketchup	Thousand Island Dressing	Sriracha Ketchup
Milk		Ranch Dressing	Mayonnaise	Ranch Dressing
		Mayonnaise	Mustard	Mayonnaise
		Mustard	Milk	Mustard
		Milk		Milk