

Alpine Nutrition Services



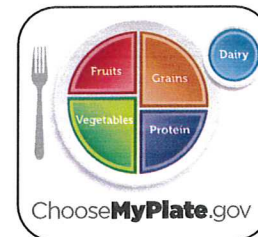
Breakfast \$ .85  
 Visitor/Adult \$1.50  
 Preschool \$1.50  
 Ala carte Milk \$.30

# ELEMENTARY MENU 2012-13

Menus Subject to Change

Alpine Cedar Ridge Deerfield  
 Eagle Valley Mt. Mahogany Orem  
 Pony Express Scera Park Thunder Ridge  
 Highland

Lunch \$1.75  
 Visitor/Adult \$2.75  
 Preschool \$2.75  
 Ala carte Milk \$ .30



AUGUST					SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER					JANUARY					FEBRUARY					MARCH					APRIL					MAY					JUNE																								
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F															
6	7	8	9	10	3	4	5	6	7	1	2	3	4	5	1	2				3	4	5	6	7	1	2	3	4		3	4	5	6	7	1	2	3	4		4	5	6	7	8	1					4	5	6	7	8	1	2	3	4	5	1	2	3	4	5	6	7	8	9	10	3	4	5	6	7
13	14	15	16	17	10	11	12	13	14	8	9	10	11	12	5	6	7	8	9	10	11	12	13	14	7	8	9	10	11	4	5	6	7	8	11	12	13	14	15	1	2	3	4	5	8	9	10	11	12	6	7	8	9	10	10	11	12	13	14															
20	21	22	23	24	17	18	19	20	21	15	16	17	18	19	12	13	14	15	16	17	18	19	20	21	14	15	16	17	18	11	12	13	14	15	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17	17	18	19	20	21																				
27	28	29	30	31	24	25	26	27	28	22	23	24	25	26	19	20	21	22	23	24	25	26	27	28	21	22	23	24	25	18	19	20	21	22	18	19	20	21	22	22	23	24	25	26	20	21	22	23	24	24	25	26	27	28																				
					24	25	26	27	28	29	30	31			26	27	28	29	30	31					28	29	30	31		25	26	27	28		25	26	27	28	29	29	30				27	28	29	30	31																									

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Egg Roll & Oriental Rice  
 Chef Salad

Mozz Breadsticks & Sauce  
 Deli Sandwich

Potato Crunch Fish Sticks  
 Chicken Patty Sandwich

Pork Cutlet with Potatoes & Gravy  
 Hamburger

Cheese or Pepperoni Pizza  
 Turkey Wrap

Popcorn Chicken  
 Chef Salad

Taco Soup  
 Deli Sandwich

Ravioli  
 Chicken Patty Sandwich

Hawaiian Haystack  
 Hamburger

Cheese or Pepperoni Pizza  
 Turkey Wrap

Orange Chicken  
 Chef Salad

Beef & Bean Soft Shell Taco  
 Deli Sandwich

Penne Pasta & Meat Sauce  
 Chicken Patty Sandwich

Homemade Chicken Soup  
 Hamburger

Cheese or Pepperoni Pizza  
 Turkey Wrap

Chicken Nuggets  
 Chef Salad

Beef & Bean Tostada  
 Deli Sandwich

French Toast Brunch for Lunch  
 Chicken Patty Sandwich

Turkey Roast with Potatoes & Gravy  
 Hamburger

Cheese or Pepperoni Pizza  
 Turkey Wrap

### BREAKFAST

CHOICE OF: Oatmeal, Pancakes,  
 Breakfast Wrap, Waffle  
 Sticks or Assorted Cereal  
 CHOICE OF: Fruit, Juice &  
 Yogurt  
 CHOICE OF: Milk

Served Everyday: \*a variety of *fresh* and canned fruit \*a variety of *fresh* and steamed  
 vegetables \*a choice of Skim or 1% White Milk or Fat Free Chocolate Milk



Help us educate your children to  
 make healthy meal choices.



Each student must take a fruit or  
 vegetable serving as part of their  
 lunch meal.



Wholegrain Products:  
 Nearly all grain-based items in  
 Alpine have moved to wholegrain.



Alpine Nutrition Services does not  
 produce or purchase any products  
 containing peanuts or tree nuts. Please  
 see your school manager or contact  
 Nutrition Services with any questions  
 801-610-8031.



MyPaymentsPlus®  
 Phone: 877-237-0946

Make online meal payments, set up alerts  
 and monitor your student's balance for  
 FREE at [www.mypaymentsplus.com](http://www.mypaymentsplus.com)

### MEAL CHARGES

Elementary students  
 in emergency may as a  
 courtesy charge up to  
 \$6. To review complete  
 policy, please visit  
[alpineschools.org](http://alpineschools.org)  
 under Nutrition Services.