

Utah International Charter School

September 23-27 2013

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

DAILY SPECIALS



MONDAY	Country Fried Steak with Roll
TUESDAY	Teriyaki Chicken with Brown Rice & Egg Roll
WEDNESDAY	Spaghetti with Meat Sauce
THURSDAY	Salisbury Steak w/ Gravy, Potatoes, & Breadstick
FRIDAY	Cheese Crunchers

DAILY SPECIALS



MONDAY	Hamburger
TUESDAY	Grilled Chicken Sandwich
WEDNESDAY	Cheeseburger
THURSDAY	Breaded Chicken Sandwich
FRIDAY	Hamburger



DAILY SPECIALS

MONDAY	Cheese or Pepperoni Pizza
TUESDAY	Cheese or Pepperoni Pizza
WEDNESDAY	Cheese or Pepperoni Pizza
THURSDAY	Cheese or Pepperoni Pizza
FRIDAY	Cheese or Hawaiian Pizza



DAILY SPECIALS

MONDAY	Turkey and Cheese Sandwich
TUESDAY	All American Sandwich
WEDNESDAY	Ham and Cheese Sandwich
THURSDAY	Bologna and Cheese Sandwich
FRIDAY	Tuna Salad Sandwich



DAILY SPECIALS

MONDAY	Mandarin Chicken Salad w/ Breadstick
TUESDAY	Chicken Parmesan Salad w/ Breadstick
WEDNESDAY	Chicken Fiesta Salad w/ Chips
THURSDAY	Chef Salad w/ Breadstick
FRIDAY	Veggie Salad w/ Breadstick

V Vegetarian
SP Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

