

Sequim Middle School

March 2017

Breakfast Prices: Adult \$2.35

Lunch Prices: \$2.55 Reduced \$.40, Adult \$3.60

Our menus are aligned with the USDA's "Healthier US School Challenge.



EVERYDAY CHOICES

Premade Sub Sandwiches

Premade Salads

Daily Specials

All sandwiches served on WW Sub Rolls and a trip through the Thrive Garden Bar. Vegetarian options offered daily.



		1 Mac & Cheese	2 Twisted Dogs with Chili	3 General Tso Chicken
6 No School Teacher Work Day	7 Enchilada	8 Home Made Turkey Gravy & Potatoes	9 Pretzels and Cheese	10 Stir Fry Day!
13 Pizza Wraps	14 Chicken Quesadilla	15 Orange Chicken	16 Buffalo Chicken Wraps	17 Baked Potato Bar
20 Egg Roll & Fried Rice	21 Sweet & Sour Chicken	22 BBQ Ribbie Sandwich	23 Nacho Bar	24 Stir Fry Day!
27 Chicken Nuggets & Fries	28 Teri Dippers & Rice	29 Enchilada	30 Taco Bar	31 Lasagna



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



Great Variety & Healthy Choices -
All meals include a trip through the Thrive Garden Bar

This Month's Featured Formats:



EVERYDAY CHOICES

Flame Broiled Beef Patty, Chicken Burger & Daily Specials

All lunches include a trip through the Thrive Garden Bar.



EVERYDAY CHOICES

Vegetarian, Pepperoni & Daily Special Pizzas. Include a trip through the Thrive Garden Bar.

All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.



Vegetarian



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.