

Sequim Middle School

February 2018

Breakfast Prices: Adult \$3.00

Lunch Prices: \$2.75 Reduced \$.40, Adult \$3.75

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 Chicken Quesadilla	2 Enchilada
5 Baked Pretzel	6 Bacon & Cheese Burger	7 Turkey Gravy & Potatoes	8 Nacho's	9 Stir Fry Day!
12 No Meat Chili	13 Popcorn Chicken & Fries	14 Creamy Mac & Cheese	15 Taco Bar	16 No School
19 No School	20 General Tso Chicken	21 Grilled Sandwich & Soup	22 Baked Potato Bar	23 Stir Fry Day!
26 Teri Dippers & Rice	27 Sweet Chili Thai Chicken	28 Baked Corndog		




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

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.



Smart Pick

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.