

Sequim Middle School

April 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.



Spring Break Until April 10				
10 Chicken Quesadilla	11 Orange Chicken And Rice	12 Enchilada	13 Nacho's	14 Stir Fry Day!!
17 BBQ Ribbies Sandwiches	18 Burrito	19 Sweet & Sour Chicken & Rice	20 Early Release Conferences	21 Early Release Conferences
24 Beef Dippers & Rice	25 General Tso & Rice	26 Home Made Mac & Cheese	27 Beefy Taco's	28 Stir Fry Day!!




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.