

Sultan Middle School December 2019

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



EVERYDAY CHOICES

Turkey or Ham Sub Daily

Chicken Caesar Salad Everyday

Monday – Crispy Chicken, Tuesday – Chef, Wednesday- Asian Chicken, Thursday – Buffalo, Friday – Chicken BLT

Caesar Wrap Daily, Monday-Turkey, Tuesday-Buffalo, Wednesday – Ham, Thursday – Club, Friday - Buffalo

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

All meals include a trip through our Thrive Garden Bar & Milk				
12/2 Sweet & Sour Chicken	12/3 Chili Baked Potato Bar & Roll	12/4 Spaghetti & Meatballs & Breadstick	12/5 Chicken Potato Bowl & Roll	12/6 Corn Dog & French Fries
12/9 Beef Teriyaki Dippers & Rice	12/10 Pulled Pork Sandwich	12/11 Au Gratin Potatoes & Ham Casserole	12/12 Turkey Gravy Mashed Potatoes & Roll	12/13 Fish Sandwich & Tater Tots
12/16 Orange Chicken & Rice Fortune Cookie	12/17 Breakfast for Lunch	12/18 Mac & Cheese & Hot Dog	12/19 Sack Lunches Available	
				All students must take ½ cup fruit and/or Vegetable to be a meal.



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

SP V



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

This Month's Featured Formats:



EVERYDAY CHOICES

Flame Broiled Beef Patty, Chicken & Spicy Chicken V
All Available with Cheese

All sandwiches served on WW buns with a trip through the Thrive Garden Bar. Vegetarian options offered daily.



EVERYDAY CHOICES V

Cheese, Pepperoni & Daily Special Pizzas –Include a trip through the Thrive Garden Bar.
All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.

Monday – Hawaiian, Tuesday – Garlic Chicken Ranch, Wednesday – Sausage & Olive Thursday – Meat Lovers, Friday – Chicken Bacon Ranch



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.