

Sultan Middle School February 2020

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.

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|---|--------------------------------------|---|--|--|
| All meals include a trip through our Thrive Garden Bar & Milk | | | | All students must take ½ cup fruit and/or Vegetable to be a meal |
| 2/3 Sweet & Sour Chicken | 2/4 Chili Baked Potato Bar & Roll | 2/5 Spaghetti & Meatballs & Breadstick | 2/6 Chicken Potato Bowl & Roll | 2/7 Corn Dog & French Fries |
| 2/10 Beef Teriyaki Dippers & Rice | 2/11 Pulled Pork Sandwich | 2/12 Parmesan Chicken | 2/13 Biscuits & Gravy | 2/14 Mid – Winter Break |
| 2/17 President's Day | 2/18 Non Student Day | 2/19 Mac & Cheese & Hot Dog | 2/20 Turkey Gravy, Mashed Potatoes & Roll | 2/21 Fishwich & Fries |
| 2/24 Chicken Teriyaki & Rice & Fortune Cookie | 2/25 Grilled Cheese & Soup | 2/26 Ravioli & Marinara Sauce | 2/27 Chili Frito Supreme | 2/28 Sloppy Joes & French Fries |



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

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Vegetarian

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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.