

Sultan Middle School January 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.*

All meals include a trip through our Thrive Garden Bar & Milk				All students must take ½ cup fruit and/or Vegetable to be a mea
1/6 Sweet & Sour Chicken	1/7 Chili Baked Potato Bar & Roll	1/8 Spaghetti & Meatballs & Breadstick	1/9 Chicken Potato Bowl & Roll	1/10 Corn Dog & French Fries
1/13 Beef Teriyaki Dippers & Rice	1/14 Pulled Pork Sandwich	1/15 Parmesan Chicken	1/16 Biscuits & Gravy	1/17 Meatball Sub & Tater Tots
1/20	1/21 Breakfast for Lunch	1/22 Mac & Cheese & Hot Dog	1/23 Turkey Gravy, Mashed Potatoes & Roll	1/24 Fishwich & Fries
1/27	1/28 Grilled Cheese & Soup	1/29 Ravioli & Marinara Sauce	1/30 Chili Frito Supreme	1/31 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*



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 cal (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.