

Sultan Middle School March 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.

3/2 Sweet & Sour Chicken & Fortune cookie	3/3 Chili Baked Potato Bar	3/4 Spaghetti & Meatballs	3/5 Chicken Nuggets & Mashed Potatoes	3/6 Corn Dogs & Tater Tots
3/9 Beef Teriyaki Dippers & Asian Noodles	3/10 Pulled Pork Sandwich	3/11 Parmesan Chicken Pasta w/ Breadstick	3/12 Biscuits & Gravy	3/13 Meatball Sub French Fries
3/16 Orang Chicken & Rice w/Fortune Cookie	3/17 Breakfast for Lunch	3/18 Mac & Cheese & Hot Dog	3/19 CONFERENCE DAY	3/20 CONFERENCE DAY
3/23 Chicken Teriyaki & Rice Fortune Cookie	3/24 Toasted Cheese Sandwich & Tomato Soup	3/25 Ravioli & Marinara & Breadstick	3/26 Turkey Gravy, Mashed Potatoes & Roll	3/27 Sloppy Joes & French Fries
3/30 General Tso Stir Fry	3/31 Enchilada Bake & Spanish Rice		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.




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 & Spicy Chicken 
All Available with Cheese

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



EVERYDAY CHOICES

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.