



Sequim Middle School Menu October 2021



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

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| 4 Cheese Pizza Cheeseburger w/Fries Ham Sub | 5 Supreme Pizza Chicken Sandwich/ Tots Crispy Chicken Salad | 6 Sausage Pizza Spicy Chicken Sandwich w/ Fries Chicken Caesar Salad | 7 Buffalo Chicken Pizza Cheeseburger w/ Tots Italian Sub Sandwich | 8 Pepperoni Pizza Chicken Nuggets and WG Roll w/ Fries Chicken Bacon Ranch Wrap |
| 11 Cheese Pizza Cheeseburger w/Fries Ham Sub | 12 Supreme Pizza Chicken Sandwich/ Tots Crispy Chicken Salad | 13 Sausage Pizza Spicy Chicken Sandwich w/ Fries Chicken Caesar Salad | 14 Buffalo Chicken Pizza Cheeseburger w/ Tots Italian Sub Sandwich | 15 Pepperoni Pizza Chicken Nuggets and WG Roll w/ Fries Chicken Bacon Ranch Wrap |
| 18 Cheese Pizza Cheeseburger w/ Fries Ham Sub Sandwich | 19 Supreme Pizza Chicken Sandwich/ Tots Crispy Chicken Salad | 20 Sausage Pizza Spicy Chicken Sandwich w/ Fries Chicken Caesar Salad | 21 Buffalo Chicken Pizza Cheeseburger w/ Tots Italian Sub Sandwich | 22 Pepperoni Pizza Chicken Nuggets and WG Roll w/ Fries Chicken Bacon Ranch Wrap |
| 25 Cheese Pizza Cheeseburger w/ Fries Ham Sub Sandwich | 26 Supreme Pizza Chicken Sandwich/ Tots Crispy Chicken Salad | 27 Sausage Pizza Spicy Chicken Sandwich w/ Fries Chicken Caesar Salad | 28 Buffalo Chicken Pizza Cheeseburger w/ Tots Italian Sub Sandwich | 29 Pepperoni Pizza Chicken Nuggets and WG Roll w/ Fries Chicken Bacon Ranch Wrap |
| Nov. 1 Cheese Pizza Cheeseburger w/ Fries Ham Sub Sandwich | 2 Supreme Pizza Chicken Sandwich/ Tots Crispy Chicken Salad | 3 Sausage Pizza Spicy Chicken Sandwich w/ Fries Chicken Caesar Salad | 4 Buffalo Chicken Pizza Cheeseburger w/ Tots Italian Sub Sandwich | 5 Pepperoni Pizza Chicken Nuggets and WG Roll w/ Fries Chicken Bacon Ranch Wrap |

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**Fresh Fruits & Vegetables available daily. Locally grown items offered whenever seasonally available.
Low Fat or Fat Free Milk included with all meals.**



**The Sequim School District is an Equal Opportunity Provider. 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).**