









Sequim Middle School Menu January 2022



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

3	4	5 Teriyaki Beef & Broccoli Over Rice Spicy Chicken Sandwich w/ Fries Chicken Caesar Salad	6 Buffalo Chicken Pizza Cheeseburger w/ Tots Italian Sub Sandwich 	7 Early Release Sack Lunch Available
10 Cheese Pizza Cheeseburger w/ Fries Ham Sub Sandwich	11 Supreme Pizza Corn Dog w/ Tots Crispy Chicken Salad	12 Sausage Pizza Spicy Chicken Sandwich w/ Fries Chicken Caesar Salad	13 Buffalo Chicken Pizza Cheeseburger w/ Tots Italian Sub Sandwich	14 Pepperoni Pizza Chicken Nuggets and WG Roll w/ Fries Chicken Bacon Ranch Wrap
17 Cheese Pizza Cheeseburger w/ Fries Ham Sub Sandwich	18 Supreme Pizza Corn Dog w/ Tots Crispy Chicken Salad	19 Sausage Pizza Spicy Chicken Sandwich w/ Fries Chicken Caesar Salad	20 Buffalo Chicken Pizza Cheeseburger w/ Tots Italian Sub Sandwich	21 Pepperoni Pizza Chicken Nuggets and WG Roll w/ Fries Chicken Bacon Ranch Wrap
24  NO SCHOOL	25 Supreme Pizza Corn Dog w/ Tots Crispy Chicken Salad	26 Sausage Pizza Spicy Chicken Sandwich w/ Fries Chicken Caesar Salad	27 Buffalo Chicken Pizza Cheeseburger w/ Tots Italian Sub Sandwich	28 Pepperoni Pizza Chicken Nuggets and WG Roll w/ Fries Chicken Bacon Ranch Wrap
31 Supreme Pizza Corn Dog w/ Tots Crispy Chicken Salad				



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



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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).