

# Sequim High School January 2022



## Grab and Go Daily Salads & Wraps

### Daily Choices Include:

Crispy Chicken Wrap, Chicken Bacon Ranch Wrap, Chicken Caesar Salad, Crispy Chicken Salad, Buffalo Chicken Salad



|           |                       |
|-----------|-----------------------|
| MONDAY    | BBQ Chicken Pizza     |
| TUESDAY   | Hawaiian Pizza        |
| WEDNESDAY | Cheese Pizza          |
| THURSDAY  | Taco Pizza            |
| FRIDAY    | Buffalo Chicken Pizza |
| EVERYDAY  | Pepperoni Pizza       |



## Grab & Go Deli Sandwich

### Daily Choices Include:

Turkey Sub sandwich, Ham Sub Sandwich, Italian Sub Sandwich



## Rotating Daily Choices Include:

Hamburger, Cheeseburger, Corn Dog, BBQ Rib Sandwich, Chicken Burger, Spicy Chicken Burger, Hot Dog & Veggie Burger  
Includes Fries or Tater Tots

### SIDES OFFERED DAILY WITH LUNCH CHOICES

Locally Grown Seasonal Fresh Fruit and Vegetables, plus Apples, Oranges, Vegetables and Low Fat or Low Fat Chocolate Milk

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
| Jan 3<br>BBQ Chicken Pizza<br>Pepperoni Pizza<br><b>Special: Pulled Pork Sandwich</b><br>Turkey Sub Sandwich<br>Ham Sub Sandwich<br>Buffalo Chicken Wrap | Jan 4<br>Hawaiian Pizza<br>Pepperoni Pizza<br>Cheeseburger w/ Tots<br>Crispy Chicken Salad<br>Turkey Sub Sandwich<br>Chicken Caesar Wrap  | Jan 5<br>Pepperoni Pizza<br>Cheese Pizza<br><b>Special: Teriyaki Beef &amp; Broccoli over Rice</b><br>Crispy Chicken Wrap<br>Ham Sub Sandwich<br>Chef Salad | Jan 6<br>Taco Pizza<br>Pepperoni Pizza<br>Cheeseburger w/ Tots<br>Buffalo Chicken Salad<br>Italian Sub Sandwich<br>Chicken Caesar Wrap  | Jan 7<br>Early Release<br><br>Sack Lunch Available in Cafeteria   |
| Jan 10<br>BBQ Chicken Pizza<br>Pepperoni Pizza<br><b>Special: Taco Burger</b><br>Turkey Sub Sandwich<br>Ham Sub Sandwich<br>Buffalo Chicken Wrap         | Jan 11<br>Hawaiian Pizza<br>Pepperoni Pizza<br>Cheeseburger w/ Tots<br>Crispy Chicken Salad<br>Turkey Sub Sandwich<br>Chicken Caesar Wrap | Jan 12<br>Cheese pizza<br>Pepperoni Pizza<br><b>Special: Chicken Burrito Rice Bowl</b><br>Crispy Chicken Wrap<br>Ham Sub Sandwich<br>Chef Salad             | Jan 13<br>Taco Pizza<br>Pepperoni Pizza<br>Cheeseburger w/ Tots<br>Buffalo Chicken Salad<br>Italian Sub Sandwich<br>Chicken Caesar Wrap | Jan 14<br>Buffalo Chicken Pizza<br>Cheese Pizza<br>Chicken Burger w/ Fries<br>Chicken Bacon Ranch Wrap<br>Turkey Sub Sandwich<br>Chef Salad |
| Jan 17<br>   | Jan 18<br>Hawaiian Pizza<br>Pepperoni Pizza<br>Cheeseburger w/ Tots<br>Crispy Chicken Salad<br>Turkey Sub Sandwich<br>Chicken Caesar Wrap | Jan 19<br>Pepperoni Pizza<br>Cheese Pizza<br>Spicy Chicken Sandwich w/ Fries<br>Crispy Chicken Wrap<br>Ham Sub Sandwich<br>Chef Salad                       | Jan 20<br>Taco Pizza<br>Pepperoni Pizza<br>Cheeseburger w/ Tots<br>Buffalo Chicken Salad<br>Italian Sub Sandwich<br>Chicken Caesar Wrap | Jan 21<br>Buffalo Chicken Pizza<br>Cheese Pizza<br>Chicken Burger w/ fries<br>Chicken Bacon Ranch Wrap<br>Turkey Sub Sandwich<br>Chef Salad |
| Jan 24<br>   | Jan 25<br>Hawaiian Pizza<br>Pepperoni Pizza<br>Cheeseburger w/ Tots<br>Crispy Chicken Salad<br>Turkey Sub Sandwich<br>Chicken Caesar Wrap | Jan 26<br>Cheese pizza<br>Pepperoni Pizza<br>Spicy Chicken Sandwich w/ Fries<br>Crispy Chicken Wrap<br>Ham Sub Sandwich<br>Chef Salad                       | Jan 27<br>Taco Pizza<br>Pepperoni Pizza<br>Cheeseburger w/ Tots<br>Buffalo Chicken Salad<br>Italian Sub Sandwich<br>Chicken Caesar Wrap | Jan 28<br>Buffalo Chicken Pizza<br>Cheese Pizza<br>Chicken Burger w/ Fries<br>Chicken Bacon Ranch Wrap<br>Turkey Sub Sandwich<br>Chef Salad |
| Jan 31<br>BBQ Chicken Pizza<br>Pepperoni Pizza<br><b>Special: Taco Burger</b><br>Turkey Sub Sandwich<br>Ham Sub Sandwich<br>Buffalo Chicken Wrap         |   |   |   |   |

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).