



UNALASKA CITY SCHOOL FEBRUARY 2019 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pollock Sticks Whole Grain Rice (9-12 only) Roasted Broccoli Sliced Peaches
4 Baked Chicken Drumstick Whole Grain Pasta Whole Grain Bread Slice Green Beans Mandarin Oranges	5 Cheese Burger French Fries Celery/Carrots Sticks Pineapple Pieces	6 Beef Barley Soup Whole Grain Bread Stick Green Salad Sliced Pear	7 Chicken Tacos Refried Beans Orange Wedges	8 Colby Cheese Omelet Whole Grain English Muffin Hash Browns Diced Peaches
11 Whole Grain Spaghetti W/Meatballs Whole Grain Garlic Bread Corn Pineapple Pieces	12 Chicken Nuggets Green Beans Diced Peaches	13 Mini-Corndogs Baked Beans Fresh Orange	14 Chicken Fajitas W/Veggies Whole Grain Tortilla Whole Grain Rice Carrot Sticks Cherry Applesauce Cup	15 Baked Ziti Whole Grain Garlic Bread Green Salad Mixed Berry Cup
18 BBQ Rib Patty Whole Grain Rice Green Beans Whole Grain Bread Stick Pineapple Pieces	19 French Toast Sliced Ham Hash Brown Patty Cinnamon Applesauce Cup Orange Juice	20 Beef & Cheese Taco Snack Whole Grain Rice Carrot Sticks Pineapple Pieces	21 Cheese Pizza Three Bean Salad Mandarin Oranges	22 Fish Sticks Whole Grain Rice Black Bean Salad Diced Peaches
25 Baked Cheese Sandwich Tomato Soup Celery Sticks Diced Pears	26 Meatballs Whole Grain Pasta Three Bean Salad Whole Grain Bread Slice Diced Pears	27 Chicken Patty Sandwich Sweet Potato Fries Cranberry Pouch	28 Baked Ham Mashed Potatoes w/Gravy Whole Grain Roll Mandarin Oranges	

Daily Milk Offerings: 1/2 Pint of 1% White or Fat-Free Chocolate
 All Grain Products are at least 51% Whole Grain
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER