


UNALASKA CITY SCHOOL

NOVEMBER 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <small>image 1: wikiclipart.com image 2: kathleenhaine.com</small>			P/T Conference No School	P/T Conference No School
5	6	7	8	9
Baked Chicken Drum Sticks Whole Grain Pasta Green Beans Mandarin Oranges	Cheese Burger French Fries Celery/Carrots Sticks Pineapple Pieces	Beef Barley Soup Whole Grain Bread Stick Green Salad Applesauce	Tacos Refried Beans Blueberry Bar Orange Wedges	Colby Cheese Omelet Whole Grain English Muffin Tomato Salad Fresh Apple
12	13	14	15	16
Macaroni & Cheese Whole Grain Bread Slice Roasted Broccoli Fresh Oranges	Popcorn Chicken Whole Grain Pasta Carrot Sticks Mixed Fruit	Pepperoni Pizza Green Salad w/Tomatoes & Red Peppers Fruit Cocktail	Sloppy Jo Whole Grain Bun Baked Beans Diced Peaches	Teriyaki Chicken Veggie Fried Rice Green Salad Whole Grain Bread Stick Pineapple Pieces
19	20	21	22	23
Ham Deli Sub Sweet Potato Fries Celery Sticks Diced Pears	Shepherd's Pie W/Veggies Green Beans Whole Grain Roll Sliced Peaches	Baja Fish Sticks Rice Green Salad Diced Peaches	No School  Thanksgiving	No School
26	27	28	29	30
Tuna Lettuce Sandwich Chicken Noodle Soup Carrots Fresh Oranges	Baked Cheese Sandwich Tomato Soup Celery Sticks Diced Pears	Meatballs Whole Grain Pasta Three Bean Salad Whole Grain Bread Slice Diced Pears	Chicken Patty Sandwich Tater Tots Cranberry Pouch	Baked Ham Mashed Potatoes w/Gravy Whole Grain Roll Broccoli Peaches

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