


UNALASKA CITY SCHOOL OCTOBER 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Macaroni & Cheese Whole Grain Bread Slice Asparagus Strawberry Cup	2 Popcorn Chicken Pasta Carrot Sticks Mixed Fruit	3 Turkey Pepperoni Pizza Corn Strawberry Applesauce Cup	4 Sloppy Jo Whole Grain Bun Baked Beans Diced Peaches	5 Teriyaki Chicken Veggie Fried Rice Green Salad Whole Grain Bread Stick Pineapple Pieces
8 Baked Ziti Whole Grain Garlic Bread Roasted Broccoli Fresh Oranges	9 Chicken Strips Green Beans Whole Grain Rice Whole Grain Bread Stick Diced Peaches	10 Whole Grain Spaghetti W/Meat Sauce Whole Grain Garlic Bread Corn Diced Pears	11 Beef Hot Dog Whole Grain Bun Baked Beans Fruit Cocktail	12 Chicken Fajitas W/Veggies Whole Grain Tortilla Whole Grain Rice Applesauce Cup
15 Baked Cheese Sandwich Tomato Soup Celery Sticks Diced Pears	16 Tuna Lettuce Sandwich Tater Tots Fresh Oranges	17 Beef Stew w/Veggies Whole Grain Rice Whole Grain Roll Fresh Apple	18 Chicken Patty Sandwich Baked Beans Carrot Sticks Cranberry Pouch	19 Baked Ham Mashed Potatoes w/Gravy Whole Grain Roll Broccoli Peaches & Cherries
22 BBQ Rib Patty Whole Grain Rice Green Beans Whole Grain Bread Stick Sliced Pears	23 Beef & Cheese Nachos Whole Grain Rice Carrot Sticks Pineapple Pieces	24 French Toast Sliced Ham Hash Brown Patty Applesauce Cup	25 Cheese Pizza Three Bean Salad Mandarin Oranges	26 Baja Fish Sticks Rice Green Salad Diced Peaches
29 Ham Deli Sub Sweet Potato Fries Celery Sticks Diced Pears	30 Tater Tot Casserole Green Beans Roll Peaches	31 Chicken Nuggets Rice Refried Beans Cranberry Pouch		
(----RED RIBBON WEEK----)				

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