



Baranof Elementary School

Breakfast - April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sausage, Egg & Cheese Biscuit Assorted Muffins & Milk Fresh Fruit	2 Breakfast Burrito Assorted Cereals & Muffins Applesauce Cups	3 Assorted Cereals, Muffins & Milk Belgian Waffle w/ Fruit Compote Bananas	4 Cheese Omelet w/ Hash Browns Assorted Cereals & Muffins Orange Juice Applesauce Cup	5 Tuitty Fruity Parfait Assorted Bagels Cream Cheese Fresh Fruit
8 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Milk Fresh Fruit	9 Breakfast Burrito Assorted Cereals & Muffins Applesauce Cup	10 Cinnamon Buns Assorted Cereals & Muffins Bananas	11 French Toast Sticks Assorted Cereals & Muffins Orange Juice & Blueberry Cup	12 Breakfast on a Bun Cereal, Oatmeal & Muffins Tater Gems
15 Sausage, Egg & Cheese Biscuit Cereals & Milk Fresh Fruit	16 Breakfast Burrito Assorted Muffins & Milk Applesauce Cup	17 Cheese Omelet w/ Hash Browns Cereals & Milk Bananas	18 Assorted Bagels w/ Cream Cheese Tuitty Fruity Parfait Orange Juice & Granny Apples	19 French Toast Sticks w/ Syrup Cereal, Oatmeal & Muffins Fresh Fruit
22 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Milk Fresh Fruit	23 Breakfast Burrito Assorted Cereals, Muffins & Milk Applesauce Cup	24 Pancake on a Stick w/Syrup Assorted Cereals, Muffins & Milk Bananas	25 Breakfast on a Bun Tuitty Fruity Parfait Orange Juice & Applesauce Cup	26 No School
29 Sausage, Egg & Cheese Biscuit Cereals & Milk Fresh Fruit	30 Breakfast Burrito Assorted Muffins & Milk Applesauce Cup			



Low fat/ non fat milk offered daily.

Menu subject to change

This institution is an equal opportunity employer.



Baranof Elementary School

Lunch - April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Corn Dog Pork & Beans Mango & Strawberries	2 Beef & Bean Burrito Peas & Carrots Peaches	3 Baked Salmon w/ Lemon Tartar Sauce Whole Grain Rice Pilaf Pears	4 Pepperoni Pizza Italian Tomatoes & Green Beans Mixed Fruit	5 Pork & Veggie Egg Roll Steamed Broccoli Orange Smiles
8 Corn Dog Peas & Carrots Mandarin Orange Segments	9 BBQ Pulled Pork Sandwich Corn & Red Peppers Peaches	10 Salmon w/Dill Cream Whole Grain Rice Pilaf Pineapple Tidbits	11 Cheeseburger Pork & Beans Applesauce Cups	12 Chicken Nuggets Steamed Broccoli Orange Smiles
15 Beef & Bean Burrito Peas & Carrots Mango & Strawberries	16 Sunbutter & Jelly on Wheat Bread Baked Chips Peaches	17 Fish Nuggets Steamed Broccoli Pears	18 Cheese Pizza Italian Tomatoes & Green Beans Mixed Fruit	19 Chicken Burger Mixed Veggies Orange Smiles
22 Pork & Veggie Egg Rolls Whole Grain Rice Pilaf Mandarin Orange Segments	23 Mac & Cheese Green Beans Peaches	24 Fish-Wich Carrot Coins Pineapple Tidbits	25 Cheeseburger Oven Fries Applesauce Cups	26 No School
26 Beef Enchiladas Seasoned Corn Pears	27 Baked Ham w/ Pineapple Sauce Rice Pilaf Peaches			

Low fat/ non fat milk offered daily.

Menu subject to change
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Keet Elementary School Breakfast - April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Milk Fresh Fruit	2 Breakfast Burrito Assorted Cereals & Muffins Applesauce Cup	3 Assorted Cereals, Muffins & Milk Belgian Waffle w/ Fruit Compote Bananas	4 Biscuit & Sausage Gravy Assorted Cereals & Muffins Orange Juice Applesauce Cup	5 Tuity Fruity Parfait Assorted Bagels w/ Cream Cheese Fresh Fruit
8 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Milk Fresh Fruit	9 Breakfast Burrito Assorted Cereals & Muffins Applesauce Cup	10 Cinnamon Buns Assorted Cereals & Muffins Bananas	11 French Toast Sticks Assorted Cereals & Muffins Orange Juice Blueberry Cup	12 Breakfast on a Bun Cereal, Oatmeal & Muffins Tater Gems
15 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Milk Fresh Fruit	16 Breakfast Burrito Assorted Cereals & Muffins Applesauce Cups	17 Cheese Omelet w/ Hash Browns Cereals & Milk Bananas	18 Assorted Bagels w/ Cream Cheese Tuity Fruity Parfait Orange Juice & Granny Apples	19 French Toast Sticks w/ Syrup Cereals, Oatmeal & Muffins Fresh Fruit
22 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Milk Fresh Fruit	23 Breakfast Burrito Assorted Cereals, Muffins & Milk Applesauce Cup	24 Pancake on a Stick w/ Syrup Assorted Cereals, Muffins & Milk Bananas	25 Breakfast on a Bun Tuity Fruity Parfait Orange Juice & Applesauce Cup	26 No School
29 Sausage, Egg & Cheese Biscuit Cereals & Muffins Fresh Fruit	30 Breakfast Burrito Assorted Muffins & Cereals Applesauce Cup	 <p>Low fat/ non fat milk offered daily.</p> <p>Menu subject to change.</p> <p>This institution is an equal opportunity employer.</p>		



Keet Elementary School Lunch - April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Corn Dog Pork & Beans Mango & Strawberries	2 Beef & Bean Burrito Peas & Carrots Peaches	3 Baked Salmon w/ Lemon Tartar Sauce Whole Grain Rice Pilaf Pears	4 Pepperoni Pizza Italian Tomatoes & Green Beans Mixed Fruit	5 Pork & Veggie Egg Rolls Steamed Broccoli Orange Smiles
8 Corn Dog Peas & Carrots Mandarin Orange Segments	9 BBQ Pulled Pork Sandwich Corn & Red Peppers Peaches	10 Salmon w/ Dill Cream Whole Grain Rice Pilaf Pineapple Tidbits	11 Cheeseburger Pork & Beans Applesauce Cup	12 Chicken Nuggets Steamed Broccoli Orange Smiles
15 Beef & Bean Burrito Peas & Carrots Mango & Strawberries	16 Sunbutter & Jelly on Wheat Bread Oven Fries Peaches	17 Fish Nuggets Steamed Broccoli Pears	18 Cheese Pizza Italian Tomatoes & Green Beans Mixed Fruit	19 Chicken Burger Mixed Veggies Orange Smiles
22 Pork & Veggie Egg Rolls Whole Grain Rice Pilaf Mandarin Orange Segments	23 Mac & Cheese Mixed Veggies Peaches	24 Fish-Wich Carrots Coins Pineapple Tidbits	25 Cheeseburger Oven Fries Applesauce Cup	26 No School
29 Corn Dog Steamed Broccoli Pears	30 BBQ Pulled Pork Sandwich Oven Fries Peaches	 Low fat/ non fat milk offered daily.		

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Blatchley Middle School

Breakfast - April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Milk Fresh Fruit	2 Breakfast Burrito Assorted Cereals & Muffins Applesauce	3 Assorted Cereals, Muffins & Milk Belgian Waffle w/ Fruit Compote Bananas	4 Biscuit & Sausage Gravy Assorted Cereals & Muffins Orange Juice & Applesauce Cup	5 Tuity Fruity Parfait Assorted Bagels w/ Cream Cheese Fresh Fruit
8 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Milk Fresh Fruit	9 Breakfast Burrito Assorted Cereals & Muffins Applesauce	10 Sausage & Cheese Omelet Assorted Cereals & Muffins Bananas	11 French Toast Sticks Assorted Cereals & Muffins Orange Juice Blueberry Cup	12 Breakfast on a Bun Cereal, Oatmeal & Muffins Tater Gems
15 Sausage, Egg & Cheese Biscuit Cereal & Milk Fresh Fruit	16 Breakfast Burrito Assorted Muffins & Milk Applesauce Cup	17 Cheese Omelet w/ Hash Browns Cereals & Milk Bananas	18 Assorted Bagels w/ Cream Cheese Tuity Fruity Parfait Orange Juice & Granny Apples	19 French Toast Sticks w/ Syrup Cereal, Oatmeal & Muffins Fresh Fruit
22 Sausage, Egg & Cheese Biscuit Cereals & Milk Fresh Fruit	23 Breakfast Burrito Assorted Cereals, Muffins & Milk Applesauce Cup	24 Pancake on a Stick w/Syrup Assorted Cereals, Muffins & Milk Bananas	25 Breakfast on a Bun Tuity Fruity Parfait Orange Juice & Applesauce Cup	26 No School
26 Sausage, Egg & Cheese Biscuit Cereals & Muffins Fresh Fruit	27 Breakfast Burrito Assorted Muffins & Cereals Applesauce Cup	 <p>Low fat/ non fat milk offered daily.</p>		

Menu subject to change

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Blatchley Middle School

Lunch - April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Corn Dog Pork & Veg Egg Rolls Oriental Veggies	2 Beef & Bean Burrito Chicken Tacos Pinto Beans	3 Baked Salmon w/ Lemon Tartar Sauce Fish Nuggets Coleslaw	4 Pizza Day! Italian Tomatoes & Green Beans	5 Chicken Burger Chicken Nuggets Oven Fries
8 Corn Dog Cheeseburger Mixed Veggies	9 Pork & Veggie Egg Roll Sweet & Sour Chicken Oriental Veggies	10 Baked Coho Salmon Beef & Bean Burrito Whole Grain Rice Pilaf	11 Mac & Cheese BBQ Pulled Pork Sandwich Broccoli	12 Pizza Day!!! Steamed Broccoli Orange Smiles
15 Beef & Bean Burrito All American Hot Dog Peas & Carrots	16 Chicken Burger Cheese Quesadillas Roasted Corn & Peppers	17 Fish Tacos Chef Salad Steamed Broccoli	18 Pizza Day! Italian Tomatoes & Green Beans	19 Chicken Nuggets Smokehouse Burgers Oven Fries
22 Cheeseburger Fish Nuggets Coleslaw	23 Mac & Cheese All American Hot Dog Peas & Carrots	24 Baked Coho Salmon Beef & Bean Burrito 5-Way Mixed Veggies	25 Pizza Day!! Italian Tomatoes & Green Beans	26 No School
29 Corn Dog Chicken Fajita Wrap Pinto Beans	30 Chicken & Biscuit Hot Italian Sub Corn & Red Peppers			



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CROSSROADS



Sitka High School Breakfast - April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Milk Fresh Fruit	2 Breakfast Burrito Assorted Cereals & Muffins Fresh Fruit	3 Pineapple Breakfast Bread Belgian Waffle w/ Fruit Compote Fruit & Milk	4 Biscuits & Sausage Gravy Assorted Cereals & Muffins Orange Juice & Applesauce Cup	5 Get Your Smoothie On Assorted Bagels w/ Cream Cheese Fresh Fruit
8 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Milk Fresh Fruit	9 Breakfast Burrito Assorted Cereals & Muffins Fresh Fruit	10 Cinnamon Buns Assorted Cereals & Muffins Bananas	11 French Toast Sticks Assorted Cereals & Muffins Orange Juice Blueberry Cup	12 Breakfast on a Bun Cereal, Oatmeal & Muffins Tater Gems
15 Sausage, Egg & Cheese Biscuits Cereal & Milk Fresh Fruit	16 Breakfast Burrito Assorted Muffins & Milk Fresh Fruit	17 Cheese Omelet w/ Hash Browns Cereals & Milk Bananas	18 Assorted Bagels w/ Cream Cheese Tuity Fruity Parfait Orange Juice & Applesauce Cup	19 Chicken & Waffle Cereal, Oatmeal & Muffins Fresh Fruit
22 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Fruit	23 Breakfast Burrito Assorted Cereals, Muffins & Milk Fresh Fruit	24 Cinnamon Buns Assorted Cereals, Muffins & Milk Bananas	25 Breakfast on a Bun Tuity Fruity Parfait Orange Juice & Applesauce Cup	26 No School
26 Sausage, Egg & Cheese Biscuit Cereals & Muffins	27 Breakfast Burrito Assorted Muffins & Cereals			

Low fat/ non fat milk offered daily.

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CROSSROADS



Sitka High School Lunch - April 19

Monday	Tuesday	Wednesday	Thursday	Friday
1 Corn Dog Pork & Veg Egg Roll Oriental Veggies	2 Smothered Beef & Bean Burrito Santa Fe Chicken Salad Pinto Beans	3 Baked Salmon w/ Lemon Tartar Sauce Fish Nuggets Coleslaw	4 Pizza Day! Italian Tomatoes & Green Beans	5 Italian Meatball Sub Chicken Nuggets Baked Beans
8 Corn Dog Cheeseburger Mixed Veggies	9 Pork & Veg Egg Rolls Asian Dumplings Shumai Oriental Veggies	10 Baked Coho Salmon Beef & Bean Burrito Whole Grain Rice Pilaf	11 Jo's Mac & Cheese Chicken Burger Italian Tomatoes & Green Beans	12 Pizza Day!!! Steamed Broccoli Orange Smiles
15 Corn Dog Day!! Regular or Chili Cheese Peas & Carrots	16 Chicken Burger Cheese Quesadillas Roasted Corn & Peppers	17 Fish Tacos Salmon Chowder Steamed Broccoli	18 Pizza Day! Italian Tomatoes & Green Beans	19 Chicken Nugget Smokehouse Burger Oven Fries
22 Corn Dog Fish Nuggets Coleslaw	23 Mac & Cheese Chicken Nuggets Peas & Carrots	24 Alaska Seafood Basket Beef & Bean Burrito 5-Way Mixed Veggies	25 Chili Frito Pie Baked Potato Bar Corn & Red Peppers	26 No Schools
29 Corn Dog Hot Italian Sub Baked Beans	30 Chicken & Biscuit Smothered Tamales Steamed Broccoli			



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Breakfast Menu

April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Yogurt Parfait w/ Granola Fresh fruit Juice	2 Baked French Toast Hard Boiled Eggs Fresh Fruit	3 (No breakfast)	4 Honey Nut Cheerios Raspberry Yogurt Fresh Fruit Juice	5 Buttermilk Biscuits Sausage Gravy Fresh Fruit
8 Cinnamon Apple Oatmeal Fresh Fruit	9 Scrambled Eggs Whole Wheat Toast Fresh fruit	10 (No breakfast)	11 Peanut Butter and Oatmeal Cookie Fresh Fruit Juice	12 Breakfast Burrito Fresh Fruit Juice
15 Peanut Butter & Banana Sandwich Fresh Fruit	16 Cinnamon Rolls Raspberry Yogurt Fresh Fruit	17 (No breakfast)	18 Pancakes w/ Maple Syrup Fresh fruit Juice	19 Breakfast Frittata Whole Wheat Toast Fresh Fruit
22 Banana Bread Strawberry Yogurt Fresh Fruit Juice	23 Cinnamon Rolls Raspberry Yogurt Fresh Fruit	24 (No breakfast)	25 Breakfast Burrito Fresh fruit Juice	26 No School
29 Honey Nut Cheerios Strawberry Yogurt Fresh fruit Juice	30 Oatmeal Muffin Squares Raspberry Yogurt Fresh Fruit	1 (No breakfast)	2 Breakfast Pizza w/ Eggs Fresh fruit	3 Scrambled Eggs Whole Wheat Toast Fresh fruit

***Non-peanut alternatives are available for students**

Choice of 1% or nonfat milk with each meal.

Lunch Menu

April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Rockfish Tacos Seasoned Corn Kale Chips Salad Bar	2 Sloppy Joe on Whole Wheat Bun Baked Beans Roasted Broccoli	3 Blackened Salmon w/Horseradish Brown Rice Sweet Potato Fries Savory Carrots Juice	4 Pancakes Turkey Bacon Scrambled Eggs Sweet Potato Fries Salad Bar	5 Mac and Trees Garlic Bread Celery w/PB Dip Salad Bar Chocolate Milk
8 Caribbean Salmon w/ Mango Salsa Lemon Couscous Baked Sweet Potato Juice	9 Thai Chili Chicken Fried Rice w/ Vegetables Asian Sesame Cabbage Salad Salad Bar	10 Salmon Melt on Pita Savory Carrots Seasoned Black Beans Chocolate Milk	11 Beef and Bean Nachos Brown Rice Seasoned Corn Salad Bar	12 Bean Burrito w/ Bell Peppers Chips and Salsa Seasoned Corn
15 Chili Con Carne Baked Potato Corn Bread Chips and Salsa Salad Bar	16 The 5K PB&J Kale Chips Sweet Potato Fries Baked Beans	17 Salmon Pasta Casserole Fresh Bread Steamed Broccoli Salad Bar Juice	18 Hawaiian Chicken Wrap Chips and Salsa Celery & Hummus	19 Salmon Burgers Tasty Tots Seasoned Black Beans Chocolate Milk
22 Blackened Salmon w/Horseradish Fresh Bread Oven Fries Carrot-Raisin Salad Chocolate Milk	23 Confetti Soup w/ Parmesan Brown Rice Savory Carrots Salad Bar	24 Fish Sticks w/Tartar Sauce Cole Slaw Seasoned Black Beans Chips and Salsa Juice	25 Meat and Cheese Pizza Pasta Vegetable Salad w/ Parmesan Salad Bar	26 No School
29 Lemon Parsley Fish Cakes Hummus & Pita Roasted Broccoli Salad Bar Juice	30 Chicken Curry Brown Rice Carrot Raisin Salad Salad Bar	1 Rockfish Tacos Oven Fries Kale Chips Salad Bar Chocolate Milk	2 Veggie Frittata Fresh Bread Baked Sweet Potato Seasoned Black Beans Salad Bar	3 Chef Salad w/Chicken Garlic Bread Sweet potato fries
House Salad Green Lettuce Red Lettuce Spinach Kale Cucumbers Red Onions Dressing				
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Choice of 1% or nonfat milk offered with each meal.</p> </div>				