



# Baranof Elementary School Breakfast - February 19

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Milk Orange Smiles	5 Breakfast Burritos Assorted Cereals, Muffins & Milk Peaches	6 Mini Banana Pancakes w/ Syrup Assorted Cereals, Muffins & Milk Skillet Bananas	7 Granola Yogurt Parfait Cinnamon Buns (WG) Orange Juice Blueberry Cup	8 Egg Patty, Ham & Cheese on a Bun Cereals, Oatmeal & Muffins Mixed Fruit
11 Sausage, Egg & Cheese Biscuit Cereals & Milk Orange Smiles	12 Breakfast Burrito Assorted Muffins & Milk Peaches	13 Cheese Omelet w/ Hash Browns Cereals & Milk Pears	14 Bagels w/ Cream Cheese Parfait Day! Orange Juice Blueberry Cup	15 French Toast Sticks Cereals, Oatmeal & Muffins Applesauce Cup
18 No School	19 Breakfast Burrito Assorted Muffins & Cereals Peaches	20 Mini Banana Pancakes Cereals, Muffins & Milk Skillet Bananas	21 Granola & Yogurt Parfait Cinnamon Buns (WG) Orange Juice Blueberry Cup	22 Cheese Omelet w/ Hash Browns Cereals, Oatmeal & Muffins Applesauce Cups
25 Sausage, Egg & Cheese Biscuit Cereals & Muffins Orange Smiles	26 Breakfast Burrito Assorted Muffins & Cereals Peaches	27 Pancake on a Stick Assorted Cereals, Muffins & Milk Orange Juice Blueberry Cup	28 No School	



Menu subject to change  
This institution is an equal opportunity employer.

Low fat and nonfat milk offered daily.



# Baranof Elementary School Lunch - February 19

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 Chicken Burger Oven Fries Mixed Fruit	5 Hot Turkey & Cheese on a Bun Green Beans Peaches	6 Coho Salmon Casserole 5-Way Mixed Veggies Pears	10 All American Hot Dog Pork & Beans Mandarin Oranges	11 Chicken Nuggets Steamed Broccoli Pineapple Tidbits
11 Corn Dog Oven Fries Mixed Fruit	12 Beef & Bean Burrito Whole Grain Rice Pilaf Peas & Carrots Peaches	13 Fish Nuggets Steamed Broccoli Pears	14 Cheese Pizza Green Beans Strawberry-Banana Compote	15 Chicken Nuggets Mixed Vegetables Applesauce Cups
18 No School	19 Chicken & Vegetable Egg Rolls Whole Grain Rice Pilaf Oriental Veggies Peaches	20 Baked Alaska Salmon Burger Coleslaw Pears	21 Pepperoni Pizza Sticks Green Beans Skillet Cinnamon Apples	22 Hot Turkey & Cheese on a Bun Corn & Red Peppers Pineapple Tidbits
25 Corn Dog Steamed Broccoli Pears	26 Popcorn Chicken Mixed Vegetables Peaches	27 Fish - Wich w/ Cheese Tater Gems Strawberry-Banana Compote	28 No School	

Menu subject to change  
This institution is an equal opportunity employer.

Low fat and nonfat milk offered daily.



# Keet Elementary School Breakfast - February 19

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Milk Orange Smiles	5 Breakfast Burritos Assorted Cereals, Muffins & Milk Pears	6 Mini Banana Pancakes w/ Syrup Assorted Cereals, Muffins & Milk Skillet Bananas	7 Granola Yogurt Parfait Cinnamon Buns (WG) Orange Juice Blueberry Cup	8 Egg Patty, Ham & Cheese on a Bun Tater Sticks Cereals, Oatmeal & Muffins Mixed Fruit
11 Sausage, Egg & Cheese Biscuit Cereals & Milk Orange Smiles	12 Breakfast Burrito Assorted Muffins & Milk Pears	13 Cheese Omelet w/ Hash Browns Cereals & Milk Peaches	14 Bagels w/ Cream Cheese Parfait Day! Orange Juice Blueberry Cup	15 French Toast Sticks Cereals, Oatmeal & Muffins Mixed Fruit
18 No School	19 Breakfast Burrito Assorted Muffins & Cereals Pears	20 Mini Banana Pancakes Cereals, Muffins & Milk Skillet Bananas	21 Granola & Yogurt Parfait Cinnamon Buns (WG) Orange Juice Blueberry Cup	22 Cheese Omelet w/ Hash Browns Cereals, Oatmeal & Muffins Mixed Fruit
25 Sausage, Egg & Cheese Biscuit Cereals & Muffins Orange Smiles	26 Breakfast Burrito Assorted Muffins & Cereals Pears	27 Pancake on a Stick Assorted Cereals, Muffins & Milk Orange Juice Blueberry Cup	28 No School	

Menu subject to change

This institution is an equal opportunity employer.

Low fat and nonfat milk offered daily.



# Keet Elementary School Lunch - February 19

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 Chicken Burger Oven Fries Mixed Fruit	5 Hot Turkey & Cheese on a Bun Green Beans Peaches	6 Coho Salmon Casserole 5-Way Mixed Veggies Pears	10 All American Hot Dog Pork & Beans Mandarin Oranges	11 Chicken Nuggets Steamed Broccoli Pineapple Tidbits
11 Corn Dog Oven Fries Mixed Fruit	12 Beef & Bean Burrito Peas & Carrots Peaches	13 Fish Nuggets Steamed Broccoli Pears	14 Cheese Pizza Green Beans Strawberry-Banana Compote	15 Chicken Nuggets Mixed Vegetables Applesauce Cups
18 No School	19 Chicken & Vegetable Egg Rolls Whole Grain Rice Pilaf Oriental Veggies Peaches	20 Baked Alaska Salmon Burger Coleslaw Pears	21 Pepperoni Pizza Sticks Green Beans Skillet Cinnamon Apples	22 Hot Turkey & Cheese on a Bun Corn & Red Peppers Pineapple Tidbits
25 Corn Dog Steamed Broccoli Mixed Fruit	26 Popcorn Chicken Mixed Vegetables Peaches	27 Fish - Wich w/ Cheese Tater Gems Strawberry-Banana Compote	28 No School	



Menu subject to change  
This institution is an equal opportunity employer.

Low fat and nonfat milk offered daily.  
All grains listed are whole grains.



# Blatchley Middle School

## Breakfast - February 19

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Milk	5 Breakfast Burritos Assorted Cereals, Muffins & Milk	6 Mini Banana Pancakes w/ Syrup Assorted Cereals, Muffins Skillet Bananas	7 Granola Yogurt Parfait Cinnamon Buns (WG) Orange Juice Blueberry Cup	8 Egg Patty, Ham & Cheese on a Bun Tater Sticks Cereal, Oatmeal & Muffins
11 Sausage, Egg & Cheese Biscuit Cereal & Milk	12 Breakfast Burrito Assorted Muffins & Milk	13 Cheese Omelet w/ Hash Browns Cereals & Milk Pears	14 Bagels w/ Cream Cheese Parfait Day! Orange Juice Blueberry Cup	15 French Toast Sticks Cereal, Oatmeal & Muffins
18 No School	19 Breakfast Burrito Assorted Muffins & Cereals	20 Mini Banana Pancakes Cereals, Muffins & Milk Skillet Bananas	21 Granola & Yogurt Parfait Cinnamon Buns (WG) Orange Juice Blueberry Cup	22 Huevos Rancheros Tater Sticks Cereal, Oatmeal & Muffins
25 Sausage, Egg & Cheese Biscuit Cereals & Muffins	26 Breakfast Burrito Assorted Muffins & Cereals	27 Pancake on a Stick Assorted Cereals, Muffins & Milk Orange Juice Blueberry Cup	28 No School	

Menu subject to change  
This institution is an equal opportunity employer.

Fresh or canned fruit offered daily  
Low fat / non fat milk offered daily.



# Blatchley Middle School

## Lunch - February 19

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 Beef & Bean Burrito Corn Dog Pinto Beans	5 Smokehouse Burger Chicken & Biscuits Mixed Veggies	6 Coho Salmon Burger Pork & Veggie Eggroll Brown Rice (WG)	7 Pork Carnitas Pepperoni Pizza Sticks Broccoli	8 Chicken Nuggets Jo's Mac & Cheese Mixed Vegetables
11 Chicken Vegetable Egg Rolls Corn Dog Green Peas	12 Meatball Sub Popcorn Chicken Tater Gems	13 Fish Nuggets Beef & Bean Burrito 5-Way Mixed Vegetable	14 Pizza Day! Assorted Pizza Pies Strawberry-Banana Compote	15 Chicken Nuggets Slowed Roasted Pulled Pork Sandwich Peas & Carrots
18 No School	19 Italian Chicken Melt Meatball Subs Tater Gems	20 Alaska Salmon Chowder Beef & Bean Burrito Steamed Broccoli	21 Pepperoni Pizza Sticks Chicken Nuggets Chef Salad	22 Spaghetti w/ Marinara Cheeseburger Mixed Vegetables
25 Chicken Burger Corn Dog Broccoli & Carrots	26 Smothered Beef Steak Hot Turkey & Cheese on a Bun Green Beans	27 Fish-Wich Pizza Burger Tater Gems	28 No School	



Menu subject to change  
This institution is an equal opportunity employer.

Fresh or canned fruit offered daily  
Low fat / non fat milk offered daily.

# CROSSROADS



## Sitka High School Breakfast - February 19

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 Sausage, Egg & Cheese Biscuit Assorted Cereals, Muffins & Milk	5 Breakfast Burritos Assorted Cereals, Muffins & Milk	6 Mini Banana Pancakes w/ Syrup Assorted Cereals, Muffins Skillet Bananas	7 Get Ya Goin' Smoothie Cinnamon Buns (WG) Orange Juice Blueberry Cup	8 Egg Patty, Ham & Cheese on a Bun Tater Sticks Cereals, Oatmeal & Muffins
11 Sausage, Egg & Cheese Biscuit Cereal & Milk	12 Breakfast Burrito Assorted Muffins & Milk	13 Cheese Omelet w/ Hash Browns Cereals & Milk	14 Bagels w/ Cream Cheese Parfait Day! Orange Juice Strawberries	15 French Toast Sticks Cereals, Oatmeal & Muffins
18 School Closed	19 Breakfast Burrito Assorted Muffins & Cereals	20 Mini Banana Pancakes Cereals, Muffins & Milk Skillet Bananas	21 Get Ya Goin' Smoothie Cinnamon Buns (WG) Orange Juice Strawberries	22 Huevos Rancheros Tater Sticks Cereals, Oatmeal & Muffins
25 Sausage, Egg & Cheese Biscuit Cereals & Muffins	26 Breakfast Burrito Assorted Muffins & Cereals	27 Pancake on a Stick Assorted Cereals, Muffins & Milk Orange Juice Blueberry Cup	28 No School	

Menu subject to change  
This institution is an equal opportunity employer.

Fresh or canned fruit offered daily  
Low fat / non fat milk offered daily.

# CROSSROADS



## Sitka High School Lunch - February 19

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 Beef & Bean Burrito Corn Dog Pinto Beans	5 Smokehouse Burger Chicken & Biscuits Mixed Veggies	6 Coho Salmon Burger Pork & Veggie Eggroll Brown Rice (WG)	7 Pork Carnitas Pepperoni Pizza Sticks Broccoli	8 Chicken Nuggets Jo's Mac & Cheese Mixed Vegetables
11 Chicken Vegetable Egg Rolls Corn Dog Green Peas	12 Meatball Sub Popcorn Chicken Tater Gems	13 Fish Nuggets Beef & Bean Burrito 5-Way Mixed Vegetable	14 Pizza Day! Assorted Pizza Pies Strawberry-Banana Compote	15 Chicken Nuggets Slowed Roasted Pulled Pork Sandwich Peas & Carrots
18 No School	19 Italian Chicken Melt Meatball Subs Tater Gems	20 Alaska Salmon Chowder Beef & Bean Burrito Steamed Broccoli	21 Pepperoni Pizza Sticks Chicken Nuggets	22 Spaghetti w/ Marinara Cheeseburger Mixed Vegetables
25 Chicken Burger Corn Dog Broccoli & Carrots	26 Smothered Beef Steak Baked Meatloaf Green Beans & Mashers	27 Fish-Wich Pizza Burger Tater Gems	28 No School	



Menu subject to change  
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Fresh or canned fruit offered daily  
Low fat / non fat milk offered daily.



# Lunch Menu

February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Salmon Burgers Tasty Tots Seasoned Black Beans Chocolate Milk</p>	<p>5 Chili Con Carne Baked Potato Corn Bread Chips and Salsa Salad Bar</p>	<p>6 Salmon Pasta Casserole Fresh Bread Steamed Broccoli Salad Bar Juice</p>	<p>7 Cook's Choice: Sesame Udon Steamed Broccoli Fresh Bread Salad Bar</p>	<p>8 Hawaiian Chicken Wrap Chips and Salsa Celery &amp; Hummus</p>
<p>11 Veggie Frittata Fresh Bread Baked Sweet Potato Seasoned Black Beans Salad Bar</p>	<p>12 Chicken Curry Brown Rice Carrot Raisin Salad Salad Bar</p>	<p>13 Rockfish Tacos Oven Fries Kale Chips Salad Bar Juice</p>	<p>14 Chef Salad w/Chicken Garlic Bread Sweet potato fries</p>	<p>1 Lemon Parsley Fish Cakes Hummus &amp; Pita Roasted Broccoli Salad Bar Chocolate Milk</p>
<p>18 No School</p>	<p>19 Thai Chili Chicken Fried Rice w/ Vegetables Asian Sesame Cabbage Salad Salad Bar</p>	<p>20 Salmon Melt on Pita Savory Carrots Seasoned Black Beans Chocolate Milk</p>	<p>21 Bean Burrito w/ Bell Peppers Chips and Salsa Seasoned Corn</p>	<p>22 Beef and Bean Nachos Brown Rice Seasoned Corn Salad Bar</p>
<p>25 Fish Sticks w/Tartar Sauce Cole Slaw Seasoned Black Beans Chips and Salsa Juice</p>	<p>26 Meat and Cheese Pizza Pasta Vegetable Salad w/ Parmesan Salad Bar</p>	<p>27 Blackened Salmon w/Horseradish Fresh Bread Oven Fries Carrot-Raisin Salad Chocolate Milk</p>	<p>28 No School</p>	<p>1 No School</p>
<p><u>House Salad</u> Green Lettuce Red Lettuce Spinach Kale Cucumbers Red Onions Dressing</p>		<p><b>Choice of 1% or nonfat milk offered with each meal.</b></p> <p><b>Choice of fruit offered with each meal.</b></p>		

# Breakfast Menu

February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> Scrambled Eggs Whole Wheat Toast Fresh fruit	<b>5</b> Oatmeal Muffin Squares Raspberry Yogurt Fresh Fruit	<b>6</b> (No breakfast)	<b>7</b> Breakfast Pizza w/ Eggs Fresh fruit	<b>8</b> Honey Nut Cheerios Strawberry Yogurt Fresh fruit Juice
<b>11</b> Peanut Butter & Banana Sandwich Fresh Fruit Juice	<b>12</b> Baked French Toast Hard Boiled Egg Fresh Fruit	<b>13</b> (No breakfast)	<b>14</b> Pancakes w/ Maple Syrup Fresh fruit Juice	<b>15</b> Buttermilk Biscuits Sausage Gravy Fresh fruit
<b>18</b> No School	<b>19</b> Banana Bread Strawberry Yogurt Fresh Fruit Juice	<b>20</b> (No breakfast)	<b>21</b> Breakfast Burrito Fresh fruit Juice	<b>22</b> Cinnamon Rolls Raspberry Yogurt Fresh Fruit
<b>25</b> Pancakes w/ Maple Syrup Fresh Fruit Juice	<b>26</b> Breakfast Frittata Whole Wheat Toast Fresh Fruit	<b>27</b> (No breakfast)	<b>28</b> No School	<b>1</b> No School

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

**Choice of 1% or nonfat milk with each meal.**