



# Baranof Elementary School Breakfast - January 19

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School	2 No School	3 No School	4 No School
7 No School	8 No School	9 No School	10 Fruity Yogurt Bowl Assorted Muffins & Milk Orange Juice Blueberry Cup	9 Egg, Patty & Cheese on a Bun Cereal, Oatmeal & Muffins Orange Smiles
14 Cheese Omelet w/ Tater Sticks Cereals & Milk Strawberries & Bananas	15 Breakfast Burrito Assorted Muffins & Milk Pears	16 Blueberry Bash Mini Waffles Cereals & Milk Pineapple Tidbits	17 Bagel w/ Cream Cheese Cereals & Milk Orange Juice Blueberry Cup	Egg Patty & Cheese on a Bun Cereal, Oatmeal & Muffins Orange Smiles
21 In Service School Closed	22 Breakfast Burrito Assorted Muffins & Cereals Pears	23 Mini Banana Pancakes Cereals, Muffins & Milk Pineapple Tidbits	24 Fruity Granola Yogurt Bowl Assorted Muffins & Milk Orange Juice Blueberry Cup	25 Egg Patty & Cheese on a Bun Cereal, Oatmeal & Muffins Orange Smiles
28 Sausage, Egg & Cheese Biscuit Cereals & Muffins Strawberries & Bananas	29 Breakfast Burrito Assorted Muffins & Cereals Pears	30 Blueberry Bash Mini Waffles Cereals & Milk Pineapple Tidbits	31 Bagel w/ Cream Cheese Cereals & Milk Orange Juice Applesauce	



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

Low fat and nonfat milk offered daily.



# Baranof Elementary School Lunch - January 19

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School	2 No School	3 No School	4 No School
7 No School	8 No School	9 No School	10 All American Hot Dog Pork & Beans Pears	11 Chicken Nuggets Steamed Broccoli Pineapple Tidbits
14 Corn Dog Pork & Beans Applesauce Cup	15 Beef & Bean Burrito Whole Grain Rice Pilaf Peas & Carrots Peaches	16 Fish Nuggets Steamed Broccoli Tater Gems Mixed Fruit	17 Smothered Beef Steak Green Beans Pears	Chicken Nuggets Mixed Vegetables Pineapple Tidbits
21 In Service School Closed	22 Chicken & Vegetable Egg Rolls Whole Grain Rice Pilaf Oriental Veggies Peaches	23 Baked Alaska Salmon Burger Coleslaw Mixed Fruit	24 Cheese Pizza Steamed Broccoli Skillet Cinnamon Apples	25 Beef & Bean Burrito Corn & Red Peppers Pineapple Tidbits
28 Corn Dog Steamed Broccoli Pears	29 Popcorn Chicken Mixed Vegetables Peaches	30 Fish - Wich w/ Cheese Tater Gems Peas & Carrots Mixed Fruit	31 Cheeseburger Pork & Beans Applesauce Cups	



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# Keet Elementary School Breakfast - January 19

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School	2 No School	3 No School	4 No School
7 No School	8 No School	9 No School	10 Fruity Yogurt Bowl Assorted Muffins & Milk Orange Juice Blueberry Cup	11 Egg, Patty & Cheese on a Bun Cereal, Oatmeal & Muffins Pears
14 Cheese Omelet w/ Tater Sticks Cereals & Milk Strawberries & Bananas	15 Breakfast Burrito Assorted Muffins & Cereals Mixed Fruit	16 Blueberry Bash Mini Waffles Cereals & Milk Peaches	15 Bagel w/ Cream Cheese Cereals & Milk Orange Juice Blueberry Cup	16 Egg Patty & Cheese on a Bun Cereal, Oatmeal & Muffins Pears
21 In Service School Closed	22 Breakfast Burrito Assorted Muffins & Cereals Mixed Fruit	23 Mini Banana Pancakes Cereals, Muffins & Milk Peaches	24 Fruity Granola Yogurt Bowl Assorted Muffins & Milk Orange Juice Blueberry Cup	25 Egg Patty, Ham & Cheese on a Bun Cereal, Oatmeal & Muffins Pears
28 Sausage, Egg & Cheese Biscuit Cereals & Muffins Strawberries & Bananas	29 Breakfast Burrito Assorted Muffins & Cereals Mixed Fruit	30 Blueberry Bash Mini Waffles Cereals & Milk Peaches	31 Bagel w/ Cream Cheese Cereals & Milk Orange Juice Applesauce Cup	




Menu subject to change  
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Low fat and nonfat milk offered daily.



# Keet Elementary School

## Lunch - January 19

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School	2 No School	3 No School	4 No School
7 No School	8 No School	9 No School	10 All American Hot Dog Pork & Beans Peaches	11 Chicken Nuggets Steamed Broccoli Pineapple Tidbits
14 Corn Dog Pork & Beans Mixed Fruit	15 Beef & Bean Burrito Whole Grain Rice Pilaf Peaches	16 Fish Nuggets Steamed Broccoli Tater Gems Pears	17 Smothered Beef Steak Green Beans Mandarin Orange Segments	Chicken Nuggets Mixed Veggies Pineapple Tidbits
21 In Service School Closed	22 Chicken & Vegetable Egg Roll Oriental Veggies Whole Grain Rice Pilaf Orange Smiles	23 Baked Alaska Salmon Burger Coleslaw Pears	24 Cheese Pizza Steamed Broccoli Skillet Cinnamon Apples	25 Beef & Bean Burrito Corn & Red Peppers Applesauce
28 Corn Dog Steamed Broccoli Mixed Fruit	29 Popcorn Chicken Mixed Veggies Orange Smiles	30 Fish-Wich w/ Cheese Tater Gem Pears	31 Cheeseburger Pork & Beans Applesauce Cups	

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Low fat and nonfat milk offered daily.



# Blatchley Middle School

## Breakfast - January 19

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School	2 No School	3 No School	4 No School
7 No School	8 No School	9 No School	10 Parfait Day Bagels w/ Cream Cheese Orange Juice Blueberry Cup	11 Egg Patty, Ham & Cheese on a Bun Oatmeal, Cereal & Muffins Tater Sticks
14 Cheese Omelet w/ Tater Sticks Cereals & Milk	15 Breakfast Burrito Assorted Muffins & Milk	16 Blueberry Bash Mini Waffles Cereals & Milk	17 Bagel w/ Cream Cheese Parfait Day Orange Juice Blueberry Cup	Huevos Rancheros Cereal, Oatmeal & Muffins Tater Sticks
21 In-Service School Closed	22 Breakfast Burrito Assorted Muffins & Cereals	23 Mini Banana Pancakes Cereals, Muffins & Milk	24 Parfait Day Bagels w/ Cream Cheese Orange Juice Blueberry Cup	25 Cheese Omelet w/ Tater Sticks Cereal, Oatmeal & Muffins
28 Sausage, Egg & Cheese Biscuit Cereal & Muffins	29 Breakfast Burrito Assorted Muffins & Cereals	30 Blueberry Bash Mini Waffles Cereals & Milk	31 Bagels w/ Cream Cheese Parfait Day Orange Juice Applesauce Cup	

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



# Blatchley Middle School

## Lunch - January 19

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 No School	4 No School
7 No School	8 No School	9 No School	8 Hot Italian Sub Bean & Cheese Burrito Corn & Red Peppers	9 Chicken Nuggets Turkey & Cheese Wrap Mixed Veggies
14 Mac & Cheese Corn Dog Tater Sticks	15 Burger Day! Assorted Burgers Offered Tater Tots	16 Sweet & Sour Glazed Salmon Pork & Vegetable Egg Roll Mixed Vegetables	17 Baked Potato Bar Hot Turkey & Cheese on a Bun Broccoli	Chicken Nuggets Slow Roasted Pulled Pork Sandwich Strawberry Cups
21 In Service School Closed	22 Italian Chicken Burger Fish Nuggets Green Peas	23 Popcorn Chicken Salmon Burger Mixed Vegetables	24 Pizza Day! Assorted Pizza Pies Offered Skillet Cinnamon Apples	25 BBQ Day
28 All American Hot Dog w/ Chili Chicken Burger Tater Sticks	29 Pizza Day! Assorted Pizza Pies Offered Skillet Cinnamon Apples	30 Fish & Chips Beef & Bean Burrito Steamed Broccoli	31 Chicken Nuggets Mac & Cheese Mixed Vegetables	



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

# CROSSROADS



## Sitka High School Breakfast - January 19

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School	2 No School	3 No School	4 No School
7 No School	8 No School	9 No School	10 Parfait Day Bagels w/ Cream Cheese Orange Juice Blueberry Cup	11 Egg Patty, Ham & Cheese on a Bun Cereal, Oatmeal & Muffins Tater Sticks
14 Sausage, Egg & Cheese Biscuit Cereals & Milk	15 Breakfast Burrito Assorted Muffins & Milk	16 Blueberry Bash Mini Muffins Cereals & Milk	17 Bagel w/ Cream Cheese Parfait Day! Orange Juice Skillet Apples	Egg Patty & Cheese on a Bun Cereal, Oatmeal & Muffins Tater Sticks
21 In Service School Close	22 Breakfast Burrito Assorted Muffins & Cereals	23 Mini Banana Pancakes Cereal, Muffins & Milk	24 Parfait Day! Bagels w/ Cream Cheese Orange Juice Blueberries	25 Huevos Rancheros Cereal, Oatmeal & Muffins Tater Sticks
28 Sausage, Egg & Cheese Biscuit Cereals & Muffins	29 Breakfast Burrito Assorted Muffins & Cereals	30 Blueberry Bash Mini Muffins Cereals & Milk	31 Bagel w/ Cream Cheese Parfait Day! Orange Juice Strawberries	

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 - January 19

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School	2 No School	3 No School	4 No School
7 No School	8 No School	9 No School	10 Pork Carnitas Pepperoni Pizza Sticks Broccoli	11 Chicken Nuggets Jo's Mac & Cheese Mixed Vegetables
14 Chicken Vegetable Egg Rolls Corn Dog Green Peas	15 Meatball Sub Popcorn Chicken Tater Gems	16 Fish Nuggets Beef & Bean Burrito 5-Way Mixed Vegetable	17 Pizza Day! Assorted Pizza Pies Skillet Cinnamon Apples	Chicken Nuggets Slowed Roasted Pulled Pork Sandwich Peas & Carrots
21 In Service School Closed	22 Italian Chicken Melt Meatball Sub Tater Gems	23 Alaska Salmon Chowder Beef & Bean Burrito Broccoli	24 Pepperoni Pizza Sticks Chicken Taco Salad Pinto Beans	25 Spaghetti w/ Marinara Cheeseburger Mixed Vegetables
28 Chicken Alfredo Corn Dog Broccoli & Carrots	29 Smothered Beef Steak Baked Meatloaf Tater Gems	30 Fish-Wich Pizza Burger Tater Gems	31 Chicken Egg Roll Chicken Nuggets Oriental Vegetables	



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



# Lunch Menu

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
7 No School	8 No School	9 No School	10 Spaghetti w/Meat Sauce Garlic Bread Three Bean Salad Salad Bar	11 Chili Con Carne Baked Potato Corn Bread Chips and Salsa Salad Bar
14 Chicken Caesar Wrap Chips & Salsa Salad Bar	15 Spanish Quiche Baked Potato Savory Carrots Salad Bar	16 Teriyaki Black Cod Skewers Lemon Couscous Sesame Cabbage Salad Sautéed Kale Juice	17 Bean Tostada Beef Topping Seasoned Black Beans Brown Rice Salad Bar	18 Salmon Chowder Buttermilk Biscuit Brown Rice Kale Chips Salad Bar Chocolate Milk
21 No School	22 The 5K PB&J Kale Chips Sweet Potato Fries Baked Beans	23 Fish Sticks w/Tartar Sauce Cole Slaw Seasoned Black Beans Chips and Salsa Juice	24 Confetti Soup w/ Parmesan Brown Rice Savory Carrots Salad Bar	25 Meat and Cheese Pizza Pasta Vegetable Salad w/ Parmesan Salad Bar
28 Harvest Stew w/ Cheddar Cheese Fresh Bread Sweet Potato Fries Kale Chips	29 Chicken Nuggets Pasta-Vegetable Salad Chips and Salsa Oven Fries Salad Bar	30 Creole Fish Brown Rice Tasty Tots Seasoned Black Beans Salad Bar Juice	31 Grilled Cheese Veggie Tomato Soup Chocolate Milk	1 No School
<u>House Salad</u> Green Lettuce Red Lettuce Spinach Kale Cucumbers Red Onions Dressing				
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <b>Choice of 1% or nonfat milk offered with each meal.</b> </div>				

# Breakfast Menu

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>7</b> No School	<b>8</b> No School	<b>9</b> No School	<b>10</b> Banana Bread Strawberry Yogurt Fresh Fruit Juice	<b>11</b> Breakfast Burrito Fresh fruit Juice
<b>14</b> Honey Nut Cheerios Strawberry Yogurt Fresh fruit Juice	<b>15</b> Oatmeal Muffin Squares Raspberry Yogurt Fresh Fruit	<b>16</b> (No Breakfast)	<b>17</b> Breakfast Pizza w/ Eggs Fresh fruit	<b>18</b> Scrambled Eggs Whole Wheat Toast Fresh fruit
<b>21</b> No School	<b>22</b> Peanut Butter & Banana Sandwich Fresh Fruit	<b>23</b> (No Breakfast)	<b>24</b> Pancakes w/ Maple Syrup Fresh fruit Juice	<b>25</b> Breakfast Frittata Whole Wheat Toast Fresh Fruit
<b>28</b> Cinnamon Apple Oatmeal Fresh Fruit	<b>29</b> Peanut Butter and Oatmeal Cookie Fresh Fruit Juice	<b>30</b> (No Breakfast)	<b>31</b> Breakfast Burrito Fresh Fruit Juice	<b>1</b> No School

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

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