



# Baranof Elementary School Breakfast - November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School	2 No School
5 Sausage, Egg & Cheese Biscuit Cereals & Milk	6 Breakfast Burrito Assorted Muffins & Milk	7 Breakfast Pizza Cereals & Milk	8 Fruity Yogurt Bowl Assorted Muffins & Milk Orange Juice	9 Egg, Patty & Cheese on a Bun Cereal, Oatmeal & Muffins
12 Sausage, Egg & Cheese Biscuit Cereals & Milk	13 Breakfast Burrito Assorted Muffins & Milk	14 Blueberry Pancakes Cereals & Milk	15 Bagel w/ Cream Cheese Cereals & Milk Orange Juice	16 Ham & Cheese Omelet w/ Tater Sticks Cereal, Oatmeal & Muffins
19 Sausage, Egg & Cheese Biscuit Cereals & Milk	20 Breakfast Burrito Assorted Muffins & Milk	21 Breakfast Pizza Cereals & Milk		
26 Sausage, Egg & Cheese Biscuit Cereals & Milk	27 Breakfast Burrito Assorted Muffins & Milk	28 Blueberry Pancakes Cereals & Milk	29 Fruity Yogurt Bowl Assorted Muffins & Milk Orange Juice	30 Egg, Patty & Cheese on a Bun Cereal, Oatmeal & Muffins



Menu subject to change

This institution is an equal opportunity employer.

Low fat/ non fat milk offered daily.



# Baranof Elementary School Lunch - November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School	2 No School
5 Beef Enchilada Pinto Beans Pears	6 Cheeseburger Green Peas Peaches	7 Baked Alaska Salmon Peas & Carrots Mixed Fruit	8 Hot Ham & Cheese on a Bun Green Beans Applesauce Cup	9 Chicken Burger Steamed Broccoli Pineapple Tidbits
12 Corn Dog Oven Potatoes Pears	13 Pork & Veggie Egg Rolls Whole Grain Rice Pilaf Peaches	14 Fish Nuggets Peas & Carrots Mixed Fruit	15 Cheeseburger Green Beans Applesauce Cup	16 Chicken Nuggets Mixed Vegetables Pineapple Tidbit
19 All American Hot Dog Baked Beans Pears	20 Cheeseburger Steamed Broccoli Peaches	21 Crustrud Alaska Salmon Peas & Carrots Mixed Fruit		
26 Beef Enchiladas Seasoned Corn Pears	27 Baked Ham w/ Pineapple Sauce Rice Pilaf Peaches	28 Baked Alaska Salmon Green Peas Mixed Fruit	29 Smothered Beef Steak Tater Tots Applesauce Cup	30 Chicken Nuggets Broccoli & Carrots Pineapple Tidbits



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# Keet Elementary School Breakfast - November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School	2 No School
5 Sausage, Egg & Cheese Biscuit Cereals & Milk	6 Breakfast Burrito Assorted Muffins & Milk	7 Breakfast Pizza Cereals & Milk	8 Fruity Yogurt Bowl Assorted Muffins & Milk Orange Juice	9 Egg, Patty & Cheese on a Bun Cereal, Oatmeal & Muffins
12 Sausage, Egg & Cheese Biscuit Cereals & Milk	13 Breakfast Burrito Assorted Muffins & Milk	14 Blueberry Pancakes Cereals & Milk	15 Bagel w/ Cream Cheese Cereals & Milk Orange Juice	16 Ham & Cheese Omelet w/ Tater Sticks Cereal, Oatmeal & Muffins
19 Sausage, Egg & Cheese Biscuit Cereals & Milk	20 Breakfast Burrito Assorted Muffins & Milk	21 Breakfast Pizza Cereals & Milk		
26 Sausage, Egg & Cheese Biscuit Cereals & Milk	27 Breakfast Burrito Assorted Muffins & Milk	28 Blueberry Pancakes Cereals & Milk	29 Fruity Yogurt Bowl Assorted Muffins & Milk Orange Juice	30 Egg, Patty & Cheese on a Bun Cereal, Oatmeal & Muffins



Menu subject to change

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# Keet Elementary School Lunch - November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School	2 No School
5 Beef Enchiladas Pinto Beans Pears	6 Cheeseburger Green Peas Peaches	7 Baked Alaska Salmon Peas & Carrots Mixed Fruit	8 Ham & Cheese Wrap Green Beans	9 Chicken Burger Steamed Broccoli Strawberry Cups
12 Corn Dog Oven Potatoes Pineapple Tidbits	13 Chicken Tacos Whole Grain Rice Pilaf Fruit Cocktail	14 Fish Nuggets Peas & Carrots	15 Smothered Beef Steak Green Beans	16 Chicken Nuggets Mixed Veggies
19 All American Hot Dog Baked Beans Pears	20 Cheeseburger Steamed Broccoli	21 Crusted Alaska Salmon Peas & Carrots Whole Grain Rice Pilaf		
26 Bean & Cheese Burrito Pinto Beans Pears	27 Chicken Burger Mixed Veggies Peaches	28 Baked Alaska Salmon Green Peas	29 Smothered Beef Steak Carrot Coins	30 Ham & Cheese Wrap Green Beans Tater Tots



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# Blatchley Middle School Breakfast - November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School	2 No School
5 Sausage, Egg & Cheese Biscuit Oatmeal, Cereal & Muffins i	6 Breakfast Burrito Oatmeal, Cereal & Muffins	7 Breakfast Pizza Oatmeal, Cereal & Muffins	8 Fruity Granola Parfait Bagels w/ Cream Cheese Orange Juice	9 Egg Patty & Cheese on a Bun Oatmeal, Cereal & Muffins
12 Pancake on a Stick Oatmeal, Cereal & Muffins	13 Breakfast Burrito Oatmeal, Cereal & Muffins	14 Blueberry Pancakes Muffins Oatmeal & Cereal	15 Fruity Granola Parfait Bagels w/ Cream Cheese Orange Juice	16 Ham & Cheese Omelet Oatmeal, Cereal & Muffins
19 Sausage, Egg & Cheese Biscuit Oatmeal, Cereal & Muffins	20 Breakfast Burrito Oatmeal, Cereal & Muffins	21 Breakfast Pizza Oatmeal, Cereal & Muffins		
26 Sausage, Egg & Cheese Biscuit Oatmeal, Cereal & Muffins	27 Breakfast Burrito Oatmeal, Cereal & Muffins	28 French Toast Sticks Oatmeal, Cereal & Muffins	29 Fruity Granola Parfait Bagels w/ Cream Cheese Orange Juice	30 Egg, Patty and Cheese on a Bun Cereal, Oatmeal & Muffins



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Low fat/ non fat milk offered daily.



# Blatchley Middle School Lunch - November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School	2 No School
5 Corn Dog Cheese Burger Steamed Broccoli	6 Pork & Veggie Egg Roll Sweet & Sour Chicken 5 Spice Rice Pilaf	7 Crusted Salmon Nuggets Swedish Meatballs Green Beans	8 Hot Italian Sub Chicken Soft Tacos Corn & Red Peppers	9 Chicken Nuggets Mac & Cheese Mixed Veggies
12 Italian Chicken Sandwich Baked Ravioli Green Peas	13 Burger Day! Assorted Burgers Offered Baked Beans	14 Alaska Salmon Chowder  Pork & Vegetable Egg Rolls  Mixed Veggies	15 Baked Potato Bar Ham & Cheese Wrap Broccoli	16 Chicken Nuggets Slow Roasted Pulled Pork Sandwich Coleslaw
19 Corn Dog Chicken Soft Tacos Pinto Beans	20 Cheeseburger Hot Italian Sub Oven Potatoes	21 Open Faced Turkey w/ Mashers Cranberry Compote Green Beans		
26 Chicken Egg Roll Ham & Cheese Melt Oriental Veggies	27 Smothered Beef Steak Bean & Cheese Burrito Carrot Coins	28 Baked Alaskan Salmon Baked Ham w/ Pineapple Sauce Green Peas	29 Burger Day!	30 Chicken Nuggets Slow Roasted Pulled Pork Sandwich Oven Potatoes



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# CROSSROADS



## Sitka High School Breakfast - November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School	2 No School
5 Sausage, Egg & Cheese Biscuit Oatmeal, Cereal & Muffins i	6 Breakfast Burrito Oatmeal, Cereal & Muffins	7 Pancake on a Stick Oatmeal, Cereal & Muffins	8 Fruity Granola Parfait Bagels w/ Cream Cheese Orange Juice	9 Cinnamon Buns Oatmeal, Cereal & Muffins Egg Patty & Cheese on a Bun
12 Sausage, Egg & Cheese Biscuit Oatmeal, Cereal & Muffins	13 Breakfast Burrito Oatmeal, Cereal & Muffins	14 Belgium Waffle w/ Syrup Breakfast Pastry Oatmeal & Cereal	15 Fruity Granola Parfait Bagels w/ Cream Cheese Orange Juice	16 Cinnamon Buns Oatmeal & Cereal Egg Patty & Cheese on a Bun
19 Sausage, Egg & Cheese Biscuit Oatmeal, Cereal & Muffins	20 Breakfast Burrito Oatmeal, Cereal & Muffins	21 Blueberry Pancakes Oatmeal, Cereal & Muffins		
26 Sausage, Egg & Cheese Biscuit Oatmeal, Cereal & Muffins	27 Breakfast Burrito Oatmeal, Cereal & Muffins	28 French Toast Sticks Oatmeal, Cereal & Muffins	29 Fruity Granola Parfait Bagels w/ Cream Cheese Orange Juice	30 Cinnamon Buns Oatmeal & Cereals Egg, Patty and Cheese on a Bun



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# CROSSROADS



## Sitka High School Lunch - November 18

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School	2 No School
5 Corn Dog Cheese Burger Steamed Broccoli	6 Pork & Vegetable Egg Rolls Sweet & Sour Chicken	7 Crusted Salmon Nuggets Swedish Meatballs Green Beans	8 Hot Italian Sub Bean & Cheese Burrito Corn & Red Peppers	9 Chicken Nuggets Jo's Mac & Cheese Mixed Veggies
12 Italian Chicken Sandwich Corn Dog Green Peas	13 Burger Day! Assorted Burger's Offered Baked Beans	14 Alaskan Salmon Chowder Frito Chili Pie 5-Way Mixed Veggies	15 Baked Potato Bar Chicken & Biscuit Broccoli	16 Chicken Nuggets Slow Roasted Pulled Pork Sandwich Coleslaw
19 Corn Dog Chicken Taco Boat Pinto Beans	20 Cheeseburger Hot Italian Sub Oven Potatoes	21 Open Faced Turkey w/ Mashers Cranberry Compote Green Beans		
26 Chicken Egg Roll Asian Stir Fry Oriental Vegetables	27 Burger Day!! Assorted Burgers Offered Baked Beans	28 Baked Alaska Salmon Beef Enchiladas Green Peas	29 Smothered Beef Steak Bean & Cheese Burrito Carrot Coins	30 Chicken Nuggets Slow Roasted Pulled Pork Sandwiches Green Beans



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# Breakfast Menu

November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> Honey Nut Cheerios Strawberry Yogurt Fresh fruit Juice	<b>6</b> Breakfast Burrito Fresh Fruit Juice	<b>7</b> (No Breakfast)	<b>8</b> Peanut Butter and Oatmeal Cookie Fresh Fruit Juice	<b>9</b> Breakfast Pizza w/ Eggs Fresh fruit
<b>12</b> Cinnamon Apple Oatmeal Fresh Fruit	<b>13</b> Breakfast Frittata Whole Wheat Toast Fresh Fruit	<b>14</b> (No Breakfast)	<b>15</b> Cinnamon Rolls Raspberry Yogurt Fresh Fruit	<b>16</b> Pancakes w/ Maple Syrup Fresh fruit Juice
<b>19</b> Banana Bread Strawberry Yogurt Fresh Fruit Juice	<b>20</b> Yogurt Parfait w/ Granola Fresh fruit	<b>21</b> (No Breakfast)	<b>22</b> No School	<b>23</b> No School
<b>26</b> Peanut Butter & Banana Sandwich Fresh Fruit Juice	<b>27</b> Pancakes w/ Maple Syrup Fresh fruit Juice	<b>28</b> (No Breakfast)	<b>29</b> Baked French Toast Hard Boiled Egg Fresh Fruit	<b>30</b> Buttermilk Biscuits Sausage Gravy Fresh fruit

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

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

# Lunch Menu

November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> Chicken Caesar Wrap Chips & Salsa Salad Bar	<b>6</b> Spanish Quiche Baked Potato Savory Carrots Salad Bar	<b>7</b> Teriyaki Black Cod Skewers Couscous Sesame Cabbage Salad Sautéed Kale Juice	<b>8</b> Bean Tostada Beef Topping Seasoned Black Beans Brown Rice Salad Bar	<b>9</b> Salmon Chowder Buttermilk Biscuit Brown Rice Kale Chips Salad Bar Chocolate Milk
<b>12</b> Spaghetti w/Meat Sauce Garlic Bread Three Bean Salad Salad Bar	<b>13</b> Hawaiian Chicken Wrap Chips and Salsa Celery & Hummus	<b>14</b> Garlic Baked Fish Lemon Couscous Savory Carrots Salad Bar Juice	<b>15</b> Chili Con Carne Baked Potato Corn Bread Chips and Salsa Salad Bar	<b>16</b> Mac and Trees Garlic Bread Celery w/ PB Dip Salad Bar Chocolate Milk
<b>19</b> Fish Sticks w/Tartar Sauce Cole Slaw Seasoned Black Beans Chips and Salsa Juice	<b>20</b> Meat and Cheese Pizza Pasta Vegetable Salad w/ Parmesan Salad Bar	<b>21</b> Holiday Celebration	<b>22</b> No School	<b>23</b> No School
<b>26</b> <b>Cook's Choice:</b> Salmon Crepes Grilled Squash Salad Bar	<b>27</b> Harvest Stew w/ Cheddar Cheese Fresh Bread Sweet Potato Fries Kale Chips	<b>28</b> Creole Fish Brown Rice Tasty Tots Seasoned Black Beans Salad Bar Juice	<b>29</b> Chicken Nuggets Pasta-Vegetable Salad Chips and Salsa Oven Fries Salad Bar	<b>30</b> Grilled Cheese Veggie Tomato Soup Chocolate Milk
<u>House Salad</u> Green Lettuce Red Lettuce Spinach Kale Cucumbers Red Onions Dressing		<b>Choice of 1% or nonfat milk offered with each meal.</b>		