

**ALASKA HIGH SCHOOL MENU
FEBRUARY 2019**



	Tuesday	Wednesday	Thursday	Friday
				1 1) WG Mini Corn Dogs 2) 2- WG Uncrustable PB & J Sandwiches 3) WG Chicken Nuggets All Lines: Baked Beans, Slushy Cup, Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk
4 1) WG Crispy Chicken Ranch Wrap 2) Walking Tacos with WG Chips 3) WG Crispy Chicken Ranch Wrap All lines: Roasted Cauliflower, Garden Bar Breakfast: WG Pancake on a Stick, fruit, juice, milk	5 1) Orange Chicken over Brown Rice 2) Meatball Sub on WG Brick Oven Bread / Oven Fries 3) Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar Breakfast: WG Muffin, Tri- Tater, sausage, fruit, juice, milk	6 1) Chicken Fajitas with peppers and onions and WG Shell 2) WG Pizza Choices 3) Chicken Fajitas with peppers and onions and WG Shell All lines: Green Beans, Garden Bar Breakfast: WG Banana Bread, Cheese Stick, fruit, juice, milk	7 Harvest of the Month 1) Mexican Rice Bowl with Beef or Chicken and Chips 2) Omelet, sausage, Homemade WG muffin with locally grown Sweet Potatoes 3) Same as Line 1 All Lines: Tater Tots, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	8 No School
11 1) Kickin Chicken Sandwich on a WG Bun 2) Cheeseburger or Mushroom Swiss Burger on a WG Bun 3) Kickin Chicken Sandwich on a WG Bun All Lines: Oven Fries, Garden Bar Breakfast: Breakfast Sandwich on a WG Bagel, fruit, juice, milk	12 1) Orange Chicken over Brown Rice 2) Turkey or Ham Sub Sandwich on WG Brick Oven Bread 3) Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar Breakfast: WG Mini Bagel with Cream Cheese, fruit, juice, milk	13 1) WG Pizza Choices 2) WG Garlic Cheese Bread/ Tomato Soup 3) Chicken Patty on a WG Bun All lines: Carrot Coins, Slushy Cup, Garden Bar Breakfast: WG French Toast Sticks, 2 sausage links, fruit, juice, milk	14 1) Turkey Pot Roast/ WG Dinner Roll 2) Popcorn Chicken/ WG Dinner Roll 3) Meatballs/ WG Dinner Roll All Lines: Mashed Potatoes/ gravy, Garden Bar Breakfast: WG Cheesy Bosco, Tri-tater, fruit, juice, milk	15 1) WG Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo and Garlic Bread 2) Chicken Panini Sandwich on a Ciabatta Bun 3) same as line 1 All Lines: Sweet Potato Bake/ Garden Bar Breakfast: WG Pancake on a Stick, fruit, juice, milk
18 Harvest of the Month 1) WG Crispy Chicken Ranch Wrap 2) Omelet, sausage, WG Homemade muffin with locally grown Sweet Potatoes 3) WG Crispy Chicken Ranch Wrap All lines: Tater Tots, Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk	19 1) Orange Chicken over Brown Rice 2) Meatball Sub on WG Brick Oven Bread / Tater Tots 3) Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar Breakfast: WG Cinnamon Roll, Cheese Stick, fruit, juice, milk	20 1) Chicken Fajitas with peppers and onions 2) WG Pizza Choices 3) Chicken Fajitas with peppers and onions All lines: Green Beans, Slushy Cup, Garden Bar Breakfast: WG Pancake on a Stick, fruit, juice, milk	21 1) Mexican Rice Bowl with Beef or Chicken and Chips 2) Chicken Patty on a WG Bun 3) Mexican Rice Bowl with Beef or Chicken and Chips All Lines: Roasted Cauliflower, Garden Bar Breakfast: WG Muffin, Sausage, Tri- Tater, fruit, juice, milk	22 1) 2- WG Uncrustable PB & J Sandwiches 2) WG Pizza Pasta Bake 3) Cheeseburger or Mushroom Swiss Burger on a WG Bun All Lines: Oven Fries, Garden Bar Breakfast: WG Ultimate Breakfast Round, Yogurt Cup, fruit, juice, milk
25 1) Walking Tacos with WG Chips 2) Kickin Chicken Sandwich 3) Walking Tacos with WG Chips All lines: Baked Beans, Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk	26 1) Orange Chicken over Brown Rice 2) WG Pizza Pasta Bake 3) Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar Breakfast: WG Banana Bread, Cheese Stick, fruit, juice, milk	27 1) Mexican Rice Bowl with Beef or Chicken and Chips 2) Pizza Choices 3) Same as line 1 All lines: Roasted Broccoli, Garden Bar Breakfast: WG French Toast Sticks, 2 sausage links, fruit, juice, milk	28 1) Turkey Pot Roast/ WG Dinner Roll 2) Popcorn Chicken/ WG Dinner Roll 3) Meatballs/ WG Dinner Roll All Lines: Mashed Potatoes/ gravy, Garden Bar Breakfast: WG Pancake on a Stick, fruit, juice, milk	<p>THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</p> <p>Menu is subject to change without notice</p>

Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any foods served in the cafeteria.