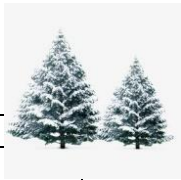


ALASKA HIGH SCHOOL MENU

JANUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	4
<p style="text-align: center;"><u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u></p> <p style="text-align: center;">Menu is subject to change without notice</p>	<p style="text-align: center;">No School</p>	<p>1) Chicken Patty on a WG Bun 2) WG Pizza Choices 3) Mushroom Swiss or Cheeseburger on a WG Bun All Lines: Steamed Peas, Garden Bar</p> <p>Breakfast: WG French Toast Sticks, fruit, juice, milk</p>	<p>1) WG Mexican Rice Bowl with Beef or Chicken and Chips 2) Kickin' Chicken Sandwich on a WG Bun 3) WG Mexican Rice Bowl with Beef or Chicken and Chips All Lines: Roasted Cauliflower, Garden Bar Breakfast: WG Ultimate Breakfast Round with Yogurt Cup, fruit, juice, milk</p>	<p>1) WG Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo and Garlic Toast 2) WG Garlic Cheese Bread and Broccoli Cheese Soup 3) Same options as line 1 All Lines: Carrot Coins, Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>
7	8	9	10	11
<p>1) Chicken Patty on a WG Bun 2) Crispy Chicken Ranch WG Wrap 3) Mushroom Swiss or Cheeseburger on a WG Bun All Lines: Tri- Tater, Garden Bar</p> <p>Breakfast: WG French Toast Sticks, fruit, juice, milk</p>	<p>1) Orange Chicken Brown Rice Bowl with WG Egg roll 2) Two WG Uncrustable PBJ's /Sun Chips 3) Orange Chicken Brown Rice Bowl with WG Egg roll All Lines: Stir Fry Veggies, Garden Bar Breakfast: Breakfast Sandwich on a WG Bagel, fruit, juice, milk</p>	<p>1) WG Garlic Cheese Bread and Tomato Soup 2) Chicken Fajitas on a WG Shell 3) Brat/ Kraut on a WG Bun All Lines: Roasted Broccoli Spears, Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p style="text-align: center;"><u>Harvest of the Month</u></p> <p>1) WG Pizza Choices 2) Chicken Panini on a Ciabatta Bun 3) WG Pizza Choices All Lines: Carrot Coins, Garden Bar with <u>Cole Slaw featuring locally grown Cabbage</u></p> <p>Breakfast: WG Uncrustable PB & J, fruit, juice, milk</p>	<p>1) WG Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo and Garlic Toast 2) Kickin' Chicken Sandwich on a WG Bun 3) Same options as line 1 All Lines: Baked Beans, Garden Bar Breakfast: WG Ultimate Breakfast Round with Yogurt Cup, fruit, juice, milk</p>
14	15	16	17	18
<p>1) Walking Tacos with WG Chips 2) Crispy Chicken Ranch WG Wrap 3) Walking Tacos with WG Chips All Lines: Whole Kernel Corn, Garden Bar</p> <p>Breakfast: WG French Toast Sticks, fruit, juice, milk</p>	<p>1) Orange Chicken Brown Rice Bowl with Egg roll 2) WG Pizza Pasta Bake 3) Orange Chicken Brown Rice Bowl with Egg roll All Lines: Stir Fry Veggies, Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>1) 2-WG Uncrustable PBJ's, /Sun Chips 2) Turkey or Ham Sub Sandwich on WG Brick Oven Bread 3) 2-WG Uncrustable PBJ's, /Sun Chips All Lines: Fruit Slushy Cup, Garden Bar</p> <p>Breakfast: WG Cheesy Bosco Pretzel Stick, Tater Tots, fruit, juice, milk</p>	<p>1) Kickin' Chicken Sandwich on a WG Bun 2) WG Pizza Choices 3) Mushroom Swiss or Cheeseburger on a WG Bun All Lines: Steamed Peas, Garden Bar</p> <p>Breakfast: WG Uncrustable PB & J, fruit, juice, milk</p>	<p style="text-align: center;">Early Dismissal Day</p> <p style="text-align: center;">No Lunch Served</p> <p>Breakfast: WG Pancake on a Stick, fruit, juice, milk</p>
21	22	23	24	25
<p style="text-align: center;">No School</p>	<p>1) Orange Chicken Brown Rice Bowl with Egg roll 2) Meatball Sub on WG Brick Oven Bread 3) Orange Chicken Brown Rice Bowl with Egg roll All Lines: Stir Fry Veggies, Garden Bar</p> <p>Breakfast: WG Mini Bagels with Cream Cheese, fruit, juice, milk</p>	<p>1) Bakalar Hot Dog on a WG Bun and WG Mac-N-Cheese 2) WG Chicken Nuggets and WG Mac-N-Cheese 3) WG Fish Sticks and WG Mac-N-Cheese All Lines: Roasted Broccoli Spears, Garden Bar</p> <p>Breakfast: Breakfast Sandwich on a WG Bagel, fruit, juice, milk</p>	<p style="text-align: center;"><u>Harvest of the Month</u></p> <p>1) Mexican Brown Rice Bowl with Beef or Chicken and Chips 2) Kickin' Chicken Sandwich on a WG Bun 3) Mexican Brown Rice Bowl- Beef or Chicken and Chips All Lines: Green Beans, Garden Bar <u>Cole Slaw featuring locally grown Cabbage</u> Breakfast: Sausage, WG Muffin, Tri- tater, fruit, juice, milk</p>	<p>1) WG Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo and Garlic Toast 2) WG Pizza Choices 3) Same options as line 1 All Lines: Carrot Coins, Garden Bar Breakfast: WG Uncrustable PB & J, fruit, juice, milk</p>
28	29	30	31	31
<p>1) Crispy Chicken Ranch WG Wrap 2) WG Fish Sandwich with Cheese on a WG Bun 3) Crispy Chicken Ranch WG Wrap All Lines: Peas and Carrots, Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>1) Orange Chicken Brown Rice Bowl with Egg roll 2) WG Pizza Pasta Bake 3) Orange Chicken Rice Bowl with egg roll All Lines: Stir Fry Veggies, Garden Bar</p> <p>Breakfast: WG French Toast Sticks, fruit, juice, milk</p>	<p>1) Turkey Pot Roast/ WG Dinner Roll 2) WG Popcorn Chicken/ WG Dinner Roll 3) Turkey Pot Roast/ WG Dinner Roll All Lines: Mashed Potatoes and Gravy, Whole Kernel Corn, Garden Bar</p> <p>Breakfast: WG Pancake on a Stick, fruit, juice, milk</p>	<p>1) Chicken Patty on a WG Bun 2) WG Pizza Choices 3) Mushroom Swiss or Cheeseburger on a WG Bun All Lines: Oven Fries, Garden Bar</p> <p>Breakfast: WG Uncrustable PB & J, fruit, juice, milk</p>	<p style="text-align: center;"><u>Please keep a positive balance in your student's account</u></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