

**ALASKA ELEMENTARY AND MIDDLE SCHOOL MENU
OCTOBER 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change without notice	<u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u>		Turkey Sub on a Hoagie Bun Mayo and Mustard Pkt Baby Carrots Fruit of the Day Milk Breakfast: Cereal variety, WG Cracker fruit, juice, milk	Chicken Ranch WG Wrap Tossed Salad Cup/ Dressing Apple Slices Milk Breakfast: WG Pop Tart, WG Cracker, fruit, juice, milk
No School	Ham and Cheese Sandwich on WG Bread Mayo and Mustard Pkt Fruit & Veggie Juice Fruit of the Day Milk Breakfast: WG Mini Pancakes, juice, fruit, milk	Chicken Salad Sandwich on a WG Bun Cheese Stick Fresh Veggies with Ranch Dipping Cup Slushy Cup Milk Breakfast: Cereal variety, WG Cracker, juice, fruit, milk	Turkey Coins/ Cheese Cubes WG Veggie Crackers Tossed Salad Cup/ Dressing Fruit of the Day Milk Breakfast: Yogurt cup, Granola Bites, juice, fruit, milk	WG Uncrustable PB&J/ Cheese Stick WG Cracker Fresh Veggies with Ranch Dipping Cup Strawberry Cup Milk Breakfast: WG Pumpkin Breakfast Bread, fruit, juice, milk
Turkey/ Ham and Cheese Sub on a WG Hoagie Bun Mayo and Mustard Pkt Baby Carrots Crasins Milk Breakfast: WG Pop Tart, WG Cracker, fruit, juice, milk	Turkey Coins/ Cheese Cubes WG Veggie Crackers Tossed Salad Cup featuring locally grown Tomatoes Apple Slices/ Milk Breakfast: Breakfast: Yogurt cup, Granola Bites, juice, fruit, milk	Taco Salad with Chips and Cheese Cup Salsa Cup Fruit of the Day Milk Breakfast: Cereal variety, WG cracker, juice, fruit, milk	WG Uncrustable PB&J/ Cheese Stick WG Cracker Fresh Veggies with Ranch Dipping Cup Strawberry Cup Milk Breakfast: WG Mini Pancakes, juice, fruit, milk	No School
Turkey/ Ham and Cheese Sub Fresh Veggies with Ranch Dipping Cup Fruit of the Day Milk Breakfast: WG Banana Breakfast Bread, fruit, juice, milk	Chicken Salad Sandwich on a WG Bun/ Cheese Stick Fruit & Veggie Juice Apple Slices Milk Breakfast: Cereal variety, WG cracker, juice, fruit, milk	Chicken Ranch WG Wrap Tossed Salad Cup featuring locally grown Tomatoes Crasins Milk Breakfast: Yogurt cup, Granola Bites, juice, fruit, milk	Turkey Coins/ Cheese Cubes WG Veggie Crackers Fresh Veggies with Ranch Dipping Cup Fruit of the Day Milk Breakfast: Cereal variety, WG cracker, juice, fruit, milk	WG Uncrustable PB&J/ Cheese Stick WG Cracker Tossed Salad Cup/ Dressing Slushy Cup Milk Breakfast: Breakfast Sandwich on a Bagel, fruit, juice, milk
Pepperoni/ Cheese "Stackable" with Marinara Cup Crasins Milk Breakfast: WG Muffin, fruit, juice, milk	Turkey/ Ham and Cheese Sub Mayo and Mustard Pkt Tossed Salad Cup/ Dressing Fruit of the Day Milk Breakfast: WG Pop Tart, WG Cracker, fruit, juice, milk	Chicken Salad on a WG Bun/ Cheese Stick Fresh Veggies with Ranch Dipping Cup Fruit of the Day Milk Breakfast: Cereal variety, WG cracker, juice, fruit, milk	Chicken Ranch WG Wrap Tossed Salad Cup/ Dressing Apple Slices Milk Breakfast: Yogurt Cup, WG Muffin, fruit, juice, milk	WG Corn Chips/ Salsa and Cheese Cup Fresh Veggies with Ranch Dipping Cup Strawberry Cup Milk Breakfast: WG Mini Pancakes, juice, fruit, milk

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