

OCTOBER 2019

Chapman and Ninilchik Lunch Menu

This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

1
Pizza
Corn
Chilled Diced Pears
Orange Wedges
Milk

2
Popcorn Chicken
Rice
Fresh Carrot Sticks & Pea Pods w/Dip
Chilled Mixed Fruit
Jello
Milk

3
Chicken Pasta Bake
With Garlic Toast
Romaine Tossed Salad with Italian Dressing
Chilled Diced Peaches
Apple Juice
Milk

4
Parmesan Chicken Sandwich
Baked Beans
Goldrush Juice Box
Fresh Grapes
Milk

7
Macaroni & Cheese
Seasoned Green Beans
Warm Cinnamon Apples Slices
Rice Krispy Treat
Frozen Cherry Splash
Milk

8
Chicken Drumsticks
Mashed Potatoes & Gravy
Winter Mix
Applesauce Cups
Milk
(MD/HS Apple Juice and Roll)

9
Sweet Chili Thai Chicken
Rice
Steamed Broccoli
Mandarin Oranges
Milk
(MD/HS Fresh Apple)

10
Nachos with Salsa
Refried Beans
Carrot Sticks w/ Ranch Dip
Fresh Banana
Milk
(MD/HS Orange Juice)

11
French Toast with Sausage
Tater Tots
Chilled Mixed Fruit
Cookie
Milk

14
Pizza
Corn
Chilled Mixed Fruit
Fresh Apple
Milk

15
Cheeseburger
Baked Beans
Carrot & Celery Sticks with Ranch
Strawberry Cup
Milk
(MD/HS Apple Juice)

16
Chicken Teriyaki with Roll
Rice
Steamed Broccoli
Chilled Diced Pears
Milk
(MD/HS Fruitable Juice Box)

17
Spaghetti with Garlic Toast
Chilled Italian Tomato & Cucumbers
Goldrush Juice Box
Chilled Mandarin Orange Cups
Milk
(MD/HS Variety Fresh Fruit)

18
No School

In-service

21
Taco Snack with Salsa
Refried Beans
Seasoned KK Fries
Chilled Diced Peaches
Milk

22
Cheese Stix with Dipping Sauce
Tossed Green Salad with Ranch
Chilled Mandarin Orange Cups
Frozen Cherry Splash
Milk
(MD/HS Apple Juice)

23
French Toast with Sausage
Tater Tots
Warm Cinnamon Apple Slices
Apple Juice
Milk
(MD/HS Honey Bun Cracker)

24
Sloppy Joe
Carrot Sticks with Ranch
Seasoned Green Beans
Banana
Milk

25
Beef Fingers with Roll
Mashed Potatoes & Gravy
Winter Mix
Strawberry Cup
Milk
(MD/HS Orange Juice)

28
Corn Pups
Seasoned KK Fries
Chilled Diced Peaches
Applesauce Cup
Milk

29
Pizza
Corn
Chilled Diced Pears
Orange Wedges
Milk

30
Popcorn Chicken
Rice
Carrot Sticks & Pea Pods with Dip
Chilled Mixed Fruit
Jello
Milk

31
Cottage Pie
with Roll
Romaine Tossed Salad
with Italian Dressing
Chilled Diced Peaches
Apple Juice
Milk



Get in touch with us today to learn more about Free and Reduced priced meals within your District. Contact school or 907-714-8832

1 % Low Fat White and Nonfat Chocolate Milk Offered Daily
Menu Subject to change due to product availability
K-6 \$3.00 7-12 \$3.50 Adult \$5.00 w/out Milk