

NOVEMBER 2019

Chapman and Ninilchik Lunch Menu

This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

No School

Conferences

4

Hot Dog
Seasoned Green Beans
Warm Cinnamon Apples Slices
Rice Krispy Treat
Frozen Cherry Splash
Milk

5

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

6

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

7

No School

Conferences

1

French Toast with Sausage
Tater Tots
Chilled Mixed Fruit
Cookie
Milk

8

VACATION DAY

11

Pizza
Steamed Broccoli
Chilled Mixed Fruit
Fresh Apple
Milk

12

Cheeseburger
Seasoned KK Fries
Carrot & Celery Sticks with Ranch
Strawberry Cup
Milk
(MD/HS Apple Juice)

13

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

14

Corn Pups
Baked Beans
Tater Tots
Fresh Grapes
Milk

15

Taco Snack with Salsa
Refried Beans
Carrot Sticks with Ranch
Chilled Diced Peaches
Milk

18

Popcorn Chicken with Roll
Tossed Green Salad with Ranch
Chilled Mandarin Orange Cups
Frozen Cherry Splash
Milk
(MD/HS Apple Juice)

19

French Toast with Sausage
Tater Tots
Warm Cinnamon Apple Slices
Apple Juice
Milk
(MD/HS Rice Krispy Treat)

20

Roasted Turkey with Roll
Mashed Potatoes & Gravy
Corn
Fresh Banana
Milk
(MD/HS Honey Bun Crackers)

21

Beef Sticks with Rice
Seasoned Green Beans
Strawberry Cup
Milk
(MD/HS Orange Juice)

22

Corn Pups
Seasoned KK Fries
Chilled Diced Peaches
Applesauce Cup
Milk

25

Pizza
Corn
Chilled Diced Pears
Orange Wedges
Milk

26

Parmesan Chicken Sandwich
Baked Beans
Goldrush Juice Box
Diced Chilled Pears
Apple Juice
Milk

27

HAPPY
THANKSGIVING

28

No School

29

Free and Reduced Applications Accepted throughout the school year. Questions about this program. Contact your 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

