



SITKA SCHOOL DISTRICT

Middle School Breakfast

November

Menu Subject to Change

This institution is an equal opportunity provider.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
				French Toast Sticks w/Syrup or Cold Cereal Mixed Fruit Choice of Milk		Parent Teacher Conference No School		No School	
6		7		8		9		10	
Pop-Tart or Blueberry Bagel w/Cream Cheese Fresh Apple Graham Crackers Choice of Milk		Cold Cereal or Whole Grain Muffin Orange Graham Crackers Choice of Milk		Pancakes or Pop-Tarts Sausage Patty Fresh Fruit Choice of Milk		Breakfast Burrito or Cold Cereal Mixed Fruit Choice of Milk		Breakfast Cereal Bar or Hot Oatmeal Bar Applesauce Choice of Milk	
13		14		15		16		17	
Pop-Tart or Whole Grain Muffin Fruit Cups Choice of Milk		Cold Cereal or Blueberry Bagel w/Cream Cheese Apple Graham Crackers Choice of Milk		Breakfast Pizza or Whole Grain Muffin Fresh Fruit Choice of Milk		Sausage, Egg, & Cheese Muffin or Cold Cereal Pears Choice of Milk		Breakfast Cereal Bar or Hot Oatmeal Bar Applesauce Choice of Milk	
20		21		22		23		24	
Breakfast Cereal Bar or Cold Cereal Graham Crackers Fruit Cup Choice of Milk		Blueberry Bagel w/Cream Cheese or Whole Grain Muffin Orange Choice of Milk		Breakfast Tornado or Pop-Tarts Diced Peaches Choice of Milk		Happy Thanksgiving! No School		Happy Thanksgiving! No School	
27		28		29		30			
Cold Cereal or Whole Grain Muffin Orange Graham Crackers Choice of Milk		Pop-Tart or Blueberry Bagel w/Cream Cheese Fresh Apple Graham Crackers Choice of Milk		French Toast Sticks w/Syrup or Cold Cereal Mixed Fruit Choice of Milk		Egg & Cheese Omelet or Whole Grain Muffin Pears or Peaches Choice of Milk			



SITKA SCHOOL DISTRICT

Middle School Lunch

November

Menu Subject to Change

This institution is an equal opportunity provider.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
				Corn Dog Baked Beans Diced Pears Choice of Milk		Parent Teacher Conference No School		No School	
6		7		8		9		10	
Pasta w/Meat Sauce & Cheese Carrots Diced Peaches Choice of Milk		Bean & Cheese Burrito w/Sour Cream, Salsa, & Shredded Cheese Peas Mixed Fruit Choice of Milk		Salisbury Steak Whole Grain Dinner Roll Mashed Potatoes Diced Pears Choice of Milk		Orange Chicken Steamed Brown Rice Mixed Veggies Applesauce Choice of Milk		Pizza Friday! Pepperoni, Cheese, or Specialty Pizza Broccoli Pineapple Tidbits Choice of Milk	
13		14		15		16		17	
Hot Dog w/Cheese Chili Fresh Baby Carrots Diced Peaches Choice of Milk		Shepherd's Pie Whole Grain Dinner Roll Corn Mixed Fruit Choice of Milk		Baked Macaroni & Cheese w/Diced Ham Baked Beans Diced Pears Choice of Milk		Grilled Ham & Cheese Tomato Soup Applesauce Choice of Milk		Pizza Friday! Pepperoni, Cheese or Specialty Pizza Broccoli Pineapple Tidbits Choice of Milk	
20		21		22		23		24	
Popcorn Chicken Steamed Brown Rice Carrots Diced Peaches Choice of Milk		Soft Shell Taco w/Cheese Sour Cream, & Salsa Refried Beans Mixed Fruit Choice of Milk		Turkey Mashed Potatoes Green Beans Peaches Dinner Roll		Happy Thanksgiving! No School		Happy Thanksgiving! No School	
27		28		29		30			
Tater Tot Casserole Whole Grain Dinner Roll Diced Peaches Corn Choice of Milk		Chicken Nuggets Carrots Mixed Fruit Choice of Milk		Corn Dog Baked Beans Diced Pears Choice of Milk		Chicken Brown Rice Mixed Veggies Applesauce Choice of Milk			



SITKA SCHOOL DISTRICT

High School Breakfast

November

Menu Subject to Change

This institution is an equal opportunity provider.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
				French Toast Sticks w/Syrup or Cold Cereal Mixed Fruit Choice of Milk		Parent Teacher Conference No School		No School	
6		7		8		9		10	
Pop-Tart or Blueberry Bagel w/Cream Cheese Fresh Apple Graham Crackers Choice of Milk		Cold Cereal or Whole Grain Muffin Orange Graham Crackers Choice of Milk		Pancakes or Pop-Tarts Sausage Patty Fresh Fruit Choice of Milk		Breakfast Burrito or Cold Cereal Mixed Fruit Choice of Milk		Breakfast Cereal Bar or Hot Oatmeal Bar Applesauce Choice of Milk	
13		14		15		16		17	
Pop-Tart or Whole Grain Muffin Fruit Cups Choice of Milk		Cold Cereal or Blueberry Bagel w/Cream Cheese Apple Graham Crackers Choice of Milk		Breakfast Pizza or Whole Grain Muffin Fresh Fruit Choice of Milk		Sausage, Egg, & Cheese Muffin or Cold Cereal Pears Choice of Milk		Breakfast Cereal Bar or Hot Oatmeal Bar Applesauce Choice of Milk	
20		21		22		23		24	
Breakfast Cereal Bar or Cold Cereal Graham Crackers Fruit Cup Choice of Milk		Blueberry Bagel w/Cream Cheese or Whole Grain Muffin Orange Choice of Milk		Breakfast Tornado or Pop-Tarts Diced Peaches Choice of Milk		Happy Thanksgiving! No School		Happy Thanksgiving! No School	
27		28		29		30			
Cold Cereal or Whole Grain Muffin Orange Graham Crackers Choice of Milk		Pop-Tart or Blueberry Bagel w/Cream Cheese Fresh Apple Graham Crackers Choice of Milk		French Toast Sticks w/Syrup or Cold Cereal Mixed Fruit Choice of Milk		Egg & Cheese Omelet or Whole Grain Muffin Pears or Peaches Choice of Milk			



SITKA SCHOOL DISTRICT

High School Lunch

November

Menu Subject to Change

This institution is an equal opportunity provider.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
				Corn Dog Baked Beans Diced Pears Choice of Milk		Parent Teacher Conference No School		No School	
6		7		8		9		10	
Pasta w/Meat Sauce & Cheese Carrots Diced Peaches Choice of Milk		Bean & Cheese Burrito w/Sour Cream, Salsa, & Shredded Cheese Peas Mixed Fruit Choice of Milk		Salisbury Steak Whole Grain Dinner Roll Mashed Potatoes Diced Pears Choice of Milk		Orange Chicken Steamed Brown Rice Mixed Veggies Applesauce Choice of Milk		Pizza Friday! Pepperoni, Cheese, or Specialty Pizza Broccoli Pineapple Tidbits Choice of Milk	
13		14		15		16		17	
Hot Dog w/Cheese Chili Fresh Baby Carrots Diced Peaches Choice of Milk		Shepherd's Pie Whole Grain Dinner Roll Corn Mixed Fruit Choice of Milk		Baked Macaroni & Cheese w/Diced Ham Baked Beans Diced Pears Choice of Milk		Grilled Ham & Cheese Tomato Soup Applesauce Choice of Milk		Pizza Friday! Pepperoni, Cheese or Specialty Pizza Broccoli Pineapple Tidbits Choice of Milk	
20		21		22		23		24	
Popcorn Chicken Steamed Brown Rice Carrots Diced Peaches Choice of Milk		Soft Shell Taco w/Cheese Sour Cream, & Salsa Refried Beans Mixed Fruit Choice of Milk		Turkey Mashed Potatoes Green Beans Peaches Dinner Roll		Happy Thanksgiving! No School		Happy Thanksgiving! No School	
27		28		29		30			
Tater Tot Casserole Whole Grain Dinner Roll Diced Peaches Corn Choice of Milk		Chicken Nuggets Carrots Mixed Fruit Choice of Milk		Corn Dog Baked Beans Diced Pears Choice of Milk		Chicken Brown Rice Mixed Veggies Applesauce Choice of Milk			