

# 2019 ~ 20 Elementary Lunch Menu

Mon

Tue

Wed

Thu

Fri

<b>1</b>	<p><b>Beef Steak Bites w/ Potatoes &amp; Gravy</b> or <b>Popcorn Chicken w/ Baked Beans</b></p> <p>Baby Carrot Sticks Blueberries</p>	<p><b>Chicken Patty Sandwich &amp; Tator Tots</b> or <b>Spaghetti &amp; Meat Sauce &amp; Green Beans</b></p> <p>◆ Romaine Salad ◆ Pineapple Tidbits</p>	<p><b>Cheeseburger on Bun &amp; Corn</b> or <b>Mini Corn Dog &amp; Seasoned Carrots</b></p> <p>◆ Pickle Spears ◆ Grapes</p>	<p><b>Cinnamon Pancakes &amp; Sausage</b> or <b>Colby Cheese Omelet &amp; Cinnamon Roll</b></p> <p>◆ Cherry Tomatoes &amp; Cauliflower ◆ Orange Wedges</p>	<p><b>Wild Mike's Cheese Pizza</b> or <b>Turkey &amp; American Cheese Sandwich</b></p> <p>◆ Celery Sticks ◆ Jello w/ Diced Peaches</p>
<b>2</b>	<p><b>BBQ Riblets* Baked Beans &amp; Cornbread Muffin</b> or <b>Teriyaki Chicken &amp; Rice &amp; Broccoli</b></p> <p>Fruit Cocktail Mandarin Oranges</p>	<p><b>Roast Turkey Mashed Potatoes Gravy &amp; Roll</b> or <b>Pork* Carnita w/ Rice &amp; Carrots</b></p> <p>Sweet Peppers Fresh Cantaloupe</p>	<p><b>Wild Mike's Pepperoni Pizza</b> or <b>Yogurt, Sunflower Seeds &amp; Cereal Bar</b></p> <p>◆ Side Salad w/ Tomatoes ◆ Chilled Peaches</p>	<p><b>Beef, Bean &amp; Cheese Dip w/ Tortilla Chips</b> or <b>Crispy Chicken Drumstick &amp; Potato Wedges</b></p> <p>◆ Romaine Spinach Salad ◆ Strawberries</p>	<p><b>Hot Ham* &amp; Cheese Ciabatta Sandwich</b> or <b>Pretzel w/ Cheese Dip</b></p> <p>◆ Baby Carrot Sticks ◆ Diced Pears</p>
<b>3</b>	<p><b>Chicken Tenders &amp; Waffles</b> or <b>Hamburger on Bun</b></p> <p>◆ Baby Carrot Sticks ◆ Applesauce</p>	<p><b>Cheese Filled Breadsticks &amp; Marinara</b> or <b>Chicken Pot Pie</b></p> <p>◆ Romaine Salad ◆ Fresh Melon</p>	<p><b>Beef Hotdog Blanket w/ Baked Beans</b> or <b>Cheese Totchos</b></p> <p>Peaches Minnie Cookies</p>	<p><b>Biscuit &amp; Sausage Gravy*</b> or <b>French Toast &amp; Sausage* Patty</b></p> <p>◆ Cucumber Coins ◆ Mixed Berries</p>	<p><b>Peanut Butter &amp; Jelly Sandwich</b> or <b>Beef &amp; Bean Burrito</b></p> <p>◆ Broccoli Buds, Cauliflower &amp; Cherry Tomatoes ◆ Pineapple Tidbits</p>

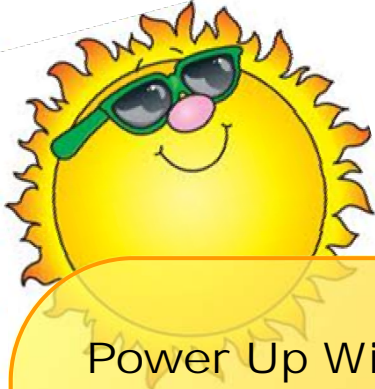
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◆ Designates a **Required Cold Pack** Item

\* Designates a pork item

This organization is an EEO provider.

**NUTRITION SERVICES CENTER**  
1305 Charles Street, Fairbanks, AK 99701



## Power Up With Breakfast!

A choice of one entrée:  
Assorted Cereal Bowls  
Banana Bread  
Blueberry Mini Pancakes  
Breakfast Burrito  
Egg & Cheese Sandwich  
Cocoa Puffs Bar  
Oatmeal Chocolate Chip Bar  
Sausage Biscuit Sandwich  
Super Breakfast Stix  
Yogurt & Cereal Bar

## And CHOICE OF 2 FRUITS

Fresh Fruit (apple, orange, grapes, pear, kiwi)  
100% Apple or Orange Juice  
Assorted Fruit Cups  
and  
Nonfat Chocolate, White or Soy Milk

Full pay breakfast is only \$2.00! Reduced qualified breakfast is FREE and reduced lunch is 40¢ for eligible students



5 Star Meal Includes  
**Vegetable\*** & **Fruit\***  
and

One of Each **Grain**, **Protein** & **Milk or Soy Milk**

\*Vegetable or Fruit Required 5 Star Meal qualifies for meal benefits.

### The Best Deal In Town!

**Student ~ \$3.50**

**Non-Student ~ \$5.50**

Eligible reduced qualified lunch is 40¢

**Milk** comes with every meal or purchase it for 75¢

~ Lunch Loans ~ Elementary students are allowed a maximum of two (2) meal loans. After that they will be given a cold pack only, for no more than three (3) days. No ala carte charging and no lunch loans at secondary schools.

<http://www.k12northstar.org/departments/nutrition>

email: [foodservice@k12northstar.org](mailto:foodservice@k12northstar.org) (907) 451-1004

<https://www.facebook.com/nutritionfnsbsd/>

Follow the menu with its calendar day. The meal calendar is a three (3) week cycle menu that offers more choices to our students.

Students officially enrolled in the school district on the last serving day, May 17, 2019, who qualified for free or reduced meal benefits may receive meal benefits through the first 30 school days of the 2019-20 school year.

Grace period benefits expire on **October 1, 2019**.

Apply for meal benefits online: <https://www.schoolcafe.com/>. Meal benefits apply only to the **FIVE STAR MEAL DEAL**. Fruit & vegetable variety is based upon availability. Due to variances in meal counts and product delivery, we reserve the right to substitute menu items.

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July 2019