

# April 2017

## NORTH SLOPE BOROUGH SCHOOL DISTRICT

### LUNCH



### Umiaqqavik

Month of whaling

Month of Renewing whaling equipment



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

\* Menu subject to change at any time



### Monday

Egg Rolls  
Brown Rice  
Peas & Carrots  
Pears  
1% or Fat Free Milk

3

### Tuesday

Corn Dog  
Potato Bar  
Bean Salad  
Pineapples  
1% or Fat Free Milk

4

### Wednesday

Alfredo Chicken w/  
Egg Noodles  
Peas  
Peaches  
1% or Fat Free Milk

5

### Thursday

Sloppy Joes on Bun  
Sweet Potatoes  
Corn  
Mandarin Oranges  
1% or Fat Free Milk

6

### Friday

Pizza  
Fresh Carrots  
Muffin  
Fruit Cocktail  
1% or Fat Free Milk

7

Teriyaki Beef  
Brown Rice  
Peas  
Mandarin Oranges  
1% or Fat Free Milk

10

Chicken Tacos  
Lettuce & Tomatoes  
Frozen Fruit Cup  
Applesauce  
1% or Fat Free Milk

11

Rotini w/ meat sauce  
Garlic Bread  
Salad w/ Romaine Lettuce  
Pineapples  
1% or Fat Free Milk

12

Shepherd's Pie  
Mashed Potatoes  
Dinner Rolls  
Tropical Fruit  
1% or Fat Free Milk

13

Stuffed Pizza Sandwiches  
Salad w/ Romaine Lettuce  
Corn  
Peaches  
1% or Fat Free Milk

14

Chicken Quesadillas  
Sweet Potatoes  
Peas  
Fruit Cocktail  
1% or Fat Free Milk

17

Pork Stew  
Brown Rice  
Dinner Roll  
Mandarin Oranges  
1% or Fat Free Milk

18

Baked Chicken  
Mashed Potatoes  
Corn  
Fresh Oranges  
1% or Fat Free Milk

19

Hot Dog on bun  
Chili with Beans  
Peas & Carrots  
Applesauce  
1% or Fat Free Milk

20

Pizza  
Fresh Carrots  
Fresh Apples  
Cookies  
1% or Fat Free Milk

21

Burritos  
Nachos w/ cheese  
Mixed Vegetables  
Peaches  
1% or Fat Free Milk

24

Salisbury Steak w/ gravy  
Mashed Potatoes  
Peas Dinner Roll  
Fruit Cocktail  
1% or Fat Free Milk

25

Sweet & Sour Chicken  
Rice  
Green Beans  
Mandarin Oranges  
1% or Fat Free Milk

26

Turkey w/ gravy  
Mashed Potatoes  
Corn  
Applesauce  
1% or Fat Free Milk

27

Chicken Strips  
Macaroni & Cheese  
Sliced Carrots  
Jello  
1% or Fat Free Milk

28

*Time when captains,  
wives, and crews prepare  
every thing for the  
whaling season*

*Piuraaqiaqta  
Spring Festival*

