



Paniqsiqsiivik

Month of drying boat skins

Month of sewing skins for boats



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



Tuesday

Wednesday

Thursday

Friday

Natchiq & Ugruk skins being wind-dried and bleached outside
Continue to build and repair skin boats

Hainan Chicken **1**
Rice
Green Beans
Pineapple
1% or Fat Free Milk

Chicken Strips **2**
Roasted Potatoes
Peas & Carrots
Fresh Oranges
1% or Fat Free Milk

Pizza **3**
Corn
Cookies
Fruit Cocktail
1% or Fat Free Milk

Burrito **6**
Chips & Cheese
Bean Salad
Peaches
1% or Fat Free Milk

Alfredo Chicken w/ **7**
Egg Noodles
Peas
Mandarin Oranges
1% or Fat Free Milk

Teriyaki Beef **8**
Rice
Corn
Pears
1% or Fat Free Milk

Hot Dogs on Bun **9**
Chili
Peas & Carrots
Frozen Fruit Cup
1% or Fat Free Milk

Salisbury Steak **10**
Mashed Potatoes
Dinner Roll
Pears
1% or Fat Free Milk

Cook's Choice **13**

Chicken Nuggets **14**
French Fries
Peas
Pineapples
1% or Fat Free Milk

Beef Stew **15**
Rice
Dinner Rolls
Applesauce
1% or Fat Free Milk

Stuffed Pizza Sandwich **16**
Potato Wedge
Green Beans
Tropical Fruit
1% or Fat Free Milk

Shepherd's Pie **17**
Mashed Potatoes
Dinner Roll
Pears
1% or Fat Free Milk

Chicken Quesadillas **20**
Sweet Potatoes
Mixed Vegetables
Peaches
1% or Fat Free Milk

Rotini w/ meat sauce **21**
Garlic Bread
Salad w/ Romaine Lettuce
Pineapple
1% or Fat Free Milk

Sloppy Joes on bun **22**
French Fries
Peas
Pears
1% or Fat Free Milk

Inservice **23**
No school

District Inservice **24**
No School

Hamburger on bun **27**
Lettuce & Tomatoes
French Fries
Frozen Fruit Cup
1% or Fat Free Milk

Sweet & Sour Chicken **28**
Rice
Peas
Mandarin Orange
1% or Fat Free Milk

Pulled Pork Nacho Platter **29**
Green Beans
Cheese Stick
Tropical Fruit
1% or Fat Free Milk

Baked Chicken w/ gravy **30**
Mashed Potatoes
Corn
Mandarin Oranges
1% or Fat Free Milk

Chicken Nuggets **31**
Potato Wedge
Green Beans
Pineapple
1% or Fat Free Milk