

Menus for February 2014

KENAI
PENINSULA
BOROUGH
SCHOOL



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TRUST YOUR HEART.

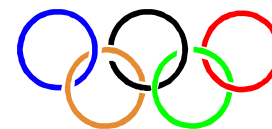


Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

PORTRAITS OF **SPECTACULAR** Athletes

Elana Meyers was a softball all-star in college, hitting a game-winning grand slam in her final home game at George Washington University. She switched to bobsledding after graduation and won a bronze medal at the 2010 Olympics in Vancouver. She hopes to compete for gold this year in Sochi.



**Winter Olympics
February 7-23
Sochi, Russia**

ELANA MEYERS

Monday, February 3

**BURRITO(B)
(MMA)**

**REFRIED BEANS
(V)
FRESH CARROTS
(V)
APPLESAUCE(F)
MILK**

Tuesday, February 4

**BBQ
PORKBURGER (B)
(MMA)**

**BAKED SWEET
POTATO & APPLE
(V) (F)
GREEN BEANS (V)
MIXED FRUIT (F)
MILK**

Wednesday, February 5

**PIZZA
(B) (MMA)**

**SPINACH & FRUIT
SALAD (V-F)
STRAWBERRY
APPLESAUCE (F)
100 % JUICE (F)
MILK**

Thursday, February 6

**NO SCHOOL
CONFERENCES**

Friday, February 7

**NO SCHOOL
CONFERENCES**

Monday, February 10

**TERIYAKI
CHICKEN WITH
RICE (B)(MMA)**

**RICE (B)
GREEN BEANS (V)
MIXED FRUIT (F)
MIXED LEMON
BERRY SWIRL (F)
MILK**

Tuesday, February 11

**MANWICH
SLOPPY JOE
(B)(MMA)**

**COOKED
BROCCOLI (V)
FRESH PEAR (F)
APPLESAUCE
CUPS (F)
MILK**

Wednesday, February 12

**GRILLED SALMON
FILLET (MMA)**

**RICE (B)
CORN (V)
ROMAINE SALAD
(V)
100 % JUICE (F)
MILK**

Thursday, February 13

**VEGETARIAN
CHILI WITH
GRILLED CHEESE
(V) (B) (MMA)**

**BABY CARROTS
(V)
PEARS (F)
SUGAR COOKIE
(B)
MILK**

Friday, February 14

**EGG ROLL (B)
(MMA)**

**POTATO WEDGES
(V)
PEACHES (F)
100 % JUICE (F)
MILK**



Swans are one of the few animals that will mate for life!
Happy Valentine's Day!



Spice of Life

Do you like spicy food? If not, maybe you should learn! Hot peppers contain a substance called “capsaicin” that is a powerful pain reliever and that also helps curb the appetite, speed up metabolism, and burn up to 100 extra calories after you’re done eating!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there’s no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.



① Wash your hands frequently.



② Cover up when you sneeze or cough.



③ If you do get sick, stay home.

Monday, February 17
CHICKEN & BEAN QUESADILLA (B)(MMA)

GREEN BEANS (V)
PINEAPPLE (F)
100 % JUICE (F)
MILK

Tuesday, February 18
BB-Q CHICKEN BURGER (B)(MMA)
BABY CARROTS (V)
FRENCH FRIES (V)
MIXED FRUIT (F)
MILK

Wednesday, February 19
GARLIC ROASTED COD WITH W G RICE (MMA)(B)
ROMAINE SALAD (V)
MANDARIN ORANGE PIECES (F)
JUICE (F)
SUGAR COOKIE MILK

Thursday, February 20
BEEF & BEAN TACOS (B)(MMA)
REFRIED BEANS (V)
CORN (V)
FRESH APPLE (F)
MILK

Friday, February 21
WG FRENCH TOAST W/ SAUSAGE LINKS (B)(MMA)
WEDGE POTATO (V)
ORANGE WEDGES (F)
100 % JUICE (F)
MILK

Monday, February 24
EGG ROLL W/ RICE (B)(MMA)

FRESH CARROTS (V)
CINNAMON APPLESAUCE CUP (F)
PEARS (F)
MILK

Tuesday, February 25
FISH NUGGETS (B)(MMA)

GREEN BEANS (V)
ORANGE WEDGES (F)
100 % JUICE (F)
MILK

Wednesday, February 26
CHICKEN PIECES (B)(MMA)
W G ROLL (B)

MASHED POTATO GRAVY (V)
MIXED FRUIT (F)
LEMON BERRY SWIRL (F)
MILK

Thursday, February 27
SPAGHETTI with MEAT SAUCE & BREAD STICK (B)(V)(MMA)

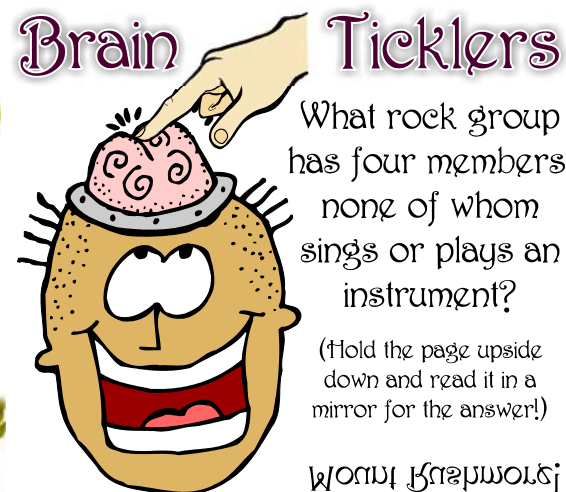
CORN (V)
BANANA (F)
CHILLED PEACH CUP (F)
MILK

Friday, February 28
CHEESEBURGER SLIDERS (B) (MMA)

WEDGE POTATO (V)
GRAPES (F)
100 % JUICE (F)
MILK



Winter is the season when the fresh orange crop is at its juicy peak -- and that’s also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.



What rock group has four members, none of whom sings or plays an instrument?

(Hold the page upside down and read it in a mirror for the answer!)

Wormy Brainworks