We're Going Back To School



Menus for August/September 2014

Kenai Peninsula Borough School District

This institution is an equal opportunity provider.

Monday, August 25

Corn Pups or Salmon Burrito

KK Fries Mandarin Orange Pieces 100% Fruit Juice Milk

Tuesday, August 26

Asian Chicken or Fish Nuggets

Rice Pineapple Applesauce cups Green Beans Milk

Wednesday, August 27

Pizza or Sliders

Apple Wedges Tater Tots Whole Fruit Lemon/Berry Swirl Juice Cup Milk

Tuesday, August 19

Chicken Fried Beef Fingers w/rice or Egg Roll w/rice

> Green Beans Strawberry cup Mixed fruit Milk

Wednesday, August 20

Popcorn Chicken or Teriyaki Fingers

> WG Roll Mashed Potato Gravy Corn Juice Milk

Thursday, August 21

Cheese Sticks w/ Dunker Sauce or Beef & Bean Burrito

> Banana Broccoli Mandarin Oranges Milk

Friday, August 22

BB-Q Pulled Chicken Sandwich or Fish Nuggets

> Baked Beans Chilled Peaches Juice Milk

Thursday, August 28

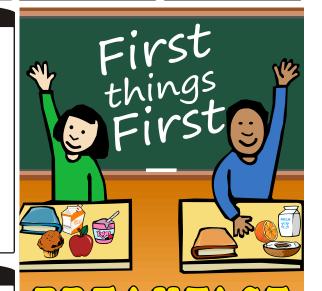
Chili Con Carne w/Meat w/Bread Stick or Breaded Chicken Burger

Carrots and Celery Sticks Chilled Pears Juice Milk

Friday, August 29

Chicken Fried Beef or Egg Roll

Broccoli WG Rice Peaches Milk



Monday, September I



No School

Tuesday, September 2

Chicken Nuggets or Teriyaki Nuggets

Rice Chilled Pears Baked Sweet Potato & Apple Juice Milk

Wed., September 3

Garlic Roasted Fish w/Tarter Sauce or Chicken Fried Beef

> WG Roll Tater Tots Peaches Banana Milk

Thursday, September 4

Spaghetti w/ Meat Balls or Chicken Nuggets

> Bread Stick Romaine Salad Juice Green Beans Milk

Friday, September 5

Teriyaki Fingers w/Chow Mein or Turkey Ham Hoagie

Winter Mix Vegetables
Pineapple
Applesauce
Milk



For first-class learning!

Featuring Healthy Fruits & Grains!

Monday, September 8

Ravioli w/Bread Stick or Sliders

Carrots w/Ranch Mandarin Orange Pieces 100% Juice Milk

Tuesday, September 9

Manwich Sloppy Joe or Spicy Chicken Strips

> Baked Beans Orange Wedges Corn Milk

Wed, September 10

Beef & Bean Burrito or Pizza

Strawberry Cup Broccoli Juice Milk

Thurs, September II

Taco, Beef & Bean or Hawaiian Big Daddy's Pizza

> Refried Beans Banana Chilled Peaches 100% Fruit Juice Milk

Friday, September 12 12

Spicy Grilled Salmon Fillet or BBQ Pork Sandwich

> Rice Baked Beans Winter Mix 100% Fruit Juice Milk

Monday, September 15

Pizza or Beef & Bean Burrito

> Strawberry Cup Broccoli Sugar Cookie Juice Milk

Tuesday, September 16

Pollock Hoagie or Philly Steak Hoagie

> Green Beans KK Fries 100% Juice Milk

Wed, September 17

Popcorn Chicken or Chicken Pieces both with WW Roll

Mashed Potato w/Gravy Corn Whole Fruit Lemon, Berry Swirl Cup Milk

Thurs, September 18

Chili Spud Bowl or Pizza

Applesauce Santa Fe Vegetables Fruit Juice Milk

Friday, September 19

WG Maple Glaze French Toast Sausage or PB&J

> Tater Tots Orange Wedges 100% Fruit Juice Milk

Monday, September 22

Chicken Fried Beef or Egg Roll both w/Chow Mein Noodles

> Carrots N Dip Strawberry Cup Diced Pears Milk

Tuesday, September 23

Corn Pups or BBQ Chicken Burger

Baked Sweet Potato & Apple Juice Mixed Fruit Milk

Wed, September 24

BBQ Pulled Chicken Sandwich or Fish Nuggets

Apple Steamed Broccoli Whole Fruit Orange/ Pineapple Swirl Milk

Thurs, September 25

Vegetarian Chili w/Grilled Cheese or Spicy Chicken Strips

> WG Roll Spinach Salad Applesauce Choc Chip Cookie Milk

Friday, September 26

Sliders or Corn Pups

KK Fries Strawberry Applesauce Cup Juice Milk

Monday, September 29

BBQ Chicken Burger or BBQ Pork Sandwich

Baked Beans Carrots N Dip Mixed Fruit Milk

Tuesday, September 30

Chicken Fajita Quesadilla or Corn Pups

> Tater Tots Mandarin Orange Juice Milk

NUTRITION 7030

A healthy diet should contain very little added sugar, but the average American consumes almost half a cup of added sugar every day. About a third comes from soda and other sugary drinks. But nearly 70% of the added sugar in our diets comes from processed foods, like bread, crackers, cookies, ice cream, ketchup, and cereal.





