

We're Going Back To School



Menus for August/September 2014

Kenai Peninsula Borough School District

This institution is an equal opportunity provider.

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

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

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 1



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

**BREAKFAST
@SCHOOL**
For first-class learning!

*Featuring Healthy
Fruits & Grains!*



Student Nutrition Services - KPBSD

Monday, September 8	Tuesday, September 9	Wed, September 10	Thurs, September 11	Friday, September 12 12
Ravioli w/Bread Stick or Sliders	Manwich Sloppy Joe or Spicy Chicken Strips	Beef & Bean Burrito or Pizza	Taco, Beef & Bean or Hawaiian Big Daddy's Pizza	Spicy Grilled Salmon Fillet or BBQ Pork Sandwich
Carrots w/Ranch Mandarin Orange Pieces 100% Juice Milk	Baked Beans Orange Wedges Corn Milk	Strawberry Cup Broccoli Juice Milk	Refried Beans Banana Chilled Peaches 100% Fruit Juice Milk	Rice Baked Beans Winter Mix 100% Fruit Juice Milk

Monday, September 15	Tuesday, September 16	Wed, September 17	Thurs, September 18	Friday, September 19
Pizza or Beef & Bean Burrito	Pollock Hoagie or Philly Steak Hoagie	Popcorn Chicken or Chicken Pieces both with WW Roll	Chili Spud Bowl or Pizza	WG Maple Glaze French Toast Sausage or PB&J
Strawberry Cup Broccoli Sugar Cookie Juice Milk	Green Beans KK Fries 100% Juice Milk	Mashed Potato w/Gravy Corn Whole Fruit Lemon, Berry Swirl Cup Milk	Applesauce Santa Fe Vegetables Fruit Juice Milk	Tater Tots Orange Wedges 100% Fruit Juice Milk

Monday, September 22	Tuesday, September 23	Wed, September 24	Thurs, September 25	Friday, September 26
Chicken Fried Beef or Egg Roll both w/Chow Mein Noodles	Corn Pups or BBQ Chicken Burger	BBQ Pulled Chicken Sandwich or Fish Nuggets	Vegetarian Chili w/Grilled Cheese or Spicy Chicken Strips	Sliders or Corn Pups
Carrots N Dip Strawberry Cup Diced Pears Milk	Baked Sweet Potato & Apple Juice Mixed Fruit Milk	Apple Steamed Broccoli Whole Fruit Orange/ Pineapple Swirl Milk	WG Roll Spinach Salad Applesauce Choc Chip Cookie Milk	KK Fries Strawberry Applesauce Cup Juice Milk

Monday, September 29	Tuesday, September 30
BBQ Chicken Burger or BBQ Pork Sandwich	Chicken Fajita Quesadilla or Corn Pups
Baked Beans Carrots N Dip Mixed Fruit Milk	Tater Tots Mandarin Orange Juice Milk

NUTRITION TO GO

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.

A TASTY MORSEL FOR PARENTS

kpbsd



Student Nutrition Services
"Serving Education Daily"