

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

Green Beans
Strawberry cup
Mixed fruit
Milk

Wednesday, August 20

Popcorn Chicken
WG Roll

Mashed Potato
Gravy
Corn
Juice
Milk

Thursday, August 21

Cheese Sticks w/ Dunker
Sauce

Banana
Broccoli
Mandarin Oranges
Milk

Friday, August 22

BB-Q Pulled Chicken
Sandwich

Baked Beans
Chilled Peaches
Juice
Milk

Monday, August 25

Corn Pups

KK Fries
Mandarin Orange Pieces
100% Fruit Juice
Milk

Tuesday, August 26

Asian Chicken

Rice
Pineapple
Applesauce cups
Green Beans
Milk

Wednesday, August 27

Pizza

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

Thursday, August 28

Chili Con Carne
w/Meat

Bread Stick
Carrots and Celery Sticks
Chilled Pears
Juice
Milk

Friday, August 29

Chicken Fried Beef

Broccoli
WG Rice
Peaches
Milk



Monday, September 1



No School

Tuesday, September 2

Chicken Nuggets

Rice
Chilled Pears
Baked Sweet Potato & Apple
Juice
Milk

Wed., September 3

Garlic Roasted Fish

WG Roll
Tarter Sauce
Tater Tots
Peaches
Banana
Milk

Thursday, September 4

Spaghetti w/ Meat Balls

Bread Stick
Romaine Salad
Juice
Green Beans
Milk

Friday, September 5

Teriyaki Fingers
w/Chow Mein

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
Ravioli w/Bread Stick Carrots w/Ranch Mandarin Orange Pieces 100% Juice Milk	Manwich Sloppy Joe Baked Beans Orange Wedges Corn Milk	Beef & Bean Burrito Strawberry Cup Broccoli Juice Milk	Taco, Beef & Bean Refried Beans Banana Chilled Peaches 100% Fruit Juice Milk	Spicy Grilled Salmon Fillet 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 Strawberry Cup Broccoli Sugar Cookie Juice Milk	Pollock Hoagie Green Beans KK Fries 100% Juice Milk	Popcorn Chicken WW Roll Mashed Potato w/Gravy Corn Whole Fruit Lemon, Berry Swirl Cup Milk	Chili Spud Bowl Applesauce Santa Fe Vegetables Fruit Juice Milk	WG Maple Glaze French Toast Sausage 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 w/Chow Mein Noodles Carrots N Dip Strawberry Cup Diced Pears Milk	Corn Pups Baked Sweet Potato & Apple Juice Mixed Fruit Milk	BBQ Pulled Chicken Sandwich Apple Steamed Broccoli Whole Fruit Orange/ Pineapple Swirl Milk	Vegetarian Chili w/Grilled Cheese WG Roll Spinach Salad Applesauce Choc Chip Cookie Milk	Sliders KK Fries Strawberry Applesauce Cup Juice Milk

Monday, September 29	Tuesday, September 30
BBQ Chicken Burger Baked Beans Carrots N Dip Mixed Fruit Milk	Chicken Fajita Quesadilla 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"