

**Kenai
Peninsula
Borough
School
Dist.**



Menus for October 2014

USDA is an equal opportunity provider and employer.



What's orange, sweet, AND good for you?

Sweet potatoes are naturally sweet, candy-colored veggies. And they're fun to make, too! Mash two baked sweet potatoes with a tablespoon of olive oil, a couple tablespoons of OJ, and half a teaspoon of a spice called garam masala (Google it!). Try this sweet, healthy treat in October, and you'll want to gobble it all winter long!



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

Wednesday, October 1

Beef and Bean Burrito
Or Pizza

Strawberry Cup
Steamed Broccoli
Juice

Milk

Thursday, October 2

Spaghetti w/Meat Sauce
Or Chicken Nuggets
Both w/ bread sticks

Corn
Banana
Spinach Salad

Milk

Happy Halloween!



Friday, October 3

Pollock Hoagie
Or
Philly Steak Hoagie

Green Beans
KK Fries
Mixed Fruit

Milk

Monday, October 6

Salmon Burrito
Or Corn Pups

KK Fries
Chilled Mandarin Oranges
100 % Juice

Milk

Tuesday, October 7

Asian Chicken with Rice
Or Fish Nuggets w/Rice

Pineapple
Applesauce Cups
Green Beans

Milk

Wednesday, October 8

Pizza
Or Sliders

Carrots w/ Ranch
Tater Tots
Whole Fruit Orange
Pineapple Swirl Cup

Milk

Thursday, October 9

Chili w/ Bread Stick
Or Chicken Sandwich

Santa Fe Vegetables
Chilled Pears
Juice

Milk

Friday, October 10

Egg Roll or
Chicken Beef Fingers

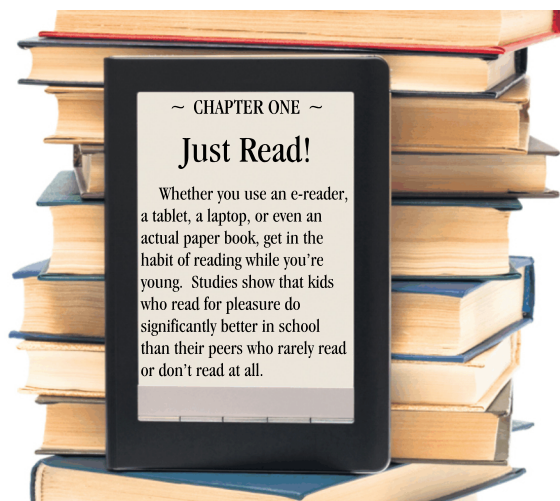
Fresh Broccoli
Sweet Potato KK
Diced Peaches

Milk

OUR NATION'S HISTORY

October brings the 110th renewal of the Baseball World Series. One of the greatest hitters ever, Ted Williams of the Boston Red Sox, only played in the World Series once during his long career from 1939 to 1960. During the prime of his career, however, Williams spent the better part of five baseball seasons serving as a fighter pilot in World War II and the Korean War, flying dozens of combat missions and earning 3 Air Medals.

WITH LIBERTY & JUSTICE FOR ALL



Monday, October 13	Tuesday, October 14	Wednesday, October 15	Thursday, October 16	Friday, October 17
Breaded Chicken Sandwich Or BB-Q Pork Sandwich	BB-Q Beef Nuggets Or Chicken Nuggets Both with Chow Mein Noodles Chilled Pears Sweet Potato & Apple Bake 100 % Juice	Garlic Roasted Cod Or Oven Fried Beef Strips Both with WG Rice	Cheese Stick w/ Dunker Sauce or Spicy Chicken Strips	Teriyaki Finger with Chow Mein Noodles or Turkey Ham Hoagie
Baked Beans Baby Carrots/ Dip Mixed Fruit		Tater tots Diced Peaches Banana	Romaine Salad Green Beans Juice	Winter Mix Vegetables Pineapple Applesauce
Milk	Milk	Milk	Milk	Milk

Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23	Friday, October 24
Ravioli with Bread Stick or Sliders	Manwich Sloppy Joe Or Spicy Chicken Strips	Pizza or Beef and Bean Burrito	Beef & Black Bean Tacos Or Hawaiian Pizza	Spicy Grilled Salmon with Rice or BB-Q Pork Sandwich
Fresh Baby Carrots w/ Ranch Mandarin Orange Pieces 100 % Juice	Pineapple Corn Orange Wedges	Strawberry Cup Steamed Broccoli 100 % Juice	Refried Beans Green Beans Banana	Winter Mix Jo-Jos 100 % Juice
Milk	Milk	Milk	Milk	Milk

EXTRA! Lunch Page News

Application Deadline

Just a reminder that eligibility for free or reduced-price meals will expire automatically on October 1st. If we do not receive a new application by that date. Please call the Child Nutrition Office at 714-8832 with any questions. Thanks!

October 2014 Edition

Monday, October 27	Tuesday, October 28	Wednesday, October 29	Thursday, October 30	Friday, October 31
Corn Pups or Sliders	BB-Q Pulled Chicken Sandwich or Fish Nuggets	Chicken Pieces Or Popcorn Chicken both with Roll	Vegetarian Chili/ Grilled Cheese or Hawaiian Pizza	Teriyaki Fingers with Chow Mein or
KK Fries Baby Carrots Applesauce	Wedge Potato Edamame Whole Fruit Pineapple Orange Swirl	Mashed Potato Gravy Fresh Broccoli 100% Juice	CONFERENCES Santa Fe Vegetables Pineapple	Turkey Ham Hoagie
Milk	Milk	Milk	Milk	CONFERENCES Winter Mix Vegetables Pineapple Applesauce Milk

