

Kenai Peninsula  
Borough School  
District  
Elementary  
School

USDA is an equal  
opportunity  
provider  
and employer.

## MENUS FOR JANUARY 2015

Wednesday, January 7

BB-q Pulled Chicken  
Sandwich

Jo-Jo Potato Wedges  
Edamame Succotash  
Whole Fruit Pineapple/  
Orange Swirl  
White or Chocolate Milk

Thursday, January 8

Cheese Sticks with  
Dunker Sauce

Spinach Salad  
Applesauce  
100 % Juice  
White or Chocolate Milk

Friday, January 9

Fish Sandwich

Steamed Winter Mix  
Vegetables  
Jo-Jo Wedge Potato  
100% Juice  
White or Chocolate Milk

Monday, January 5

Bb-q Pork Sandwich

Sweet Potato Fries  
Mandarin Fruit Cups  
Corn  
100 % Juice

White or Chocolate Milk

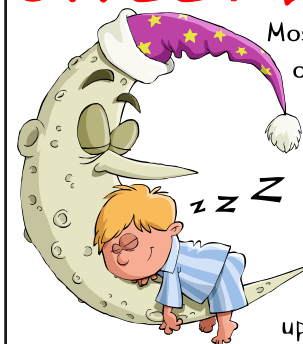
Tuesday, January 6

Chicken Nuggets  
w/ Rice

Green Beans  
Orange Wedges  
Pineapple

White or Chocolate Milk

## SWEET DREAMS.



Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.

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

## Finally, a New Year's resolution that's easy to keep!

The meals we serve at school offer all kids a convenient, economical, and healthy alternative for their school-day nutrition.

So why not resolve

to take advantage of this great service every day? This New Year, do your kids -- and your family budget -- a favor. **Breakfast is FREE** if you are participating in the free/ reduced categories.



Reduced  
**\$ .00** Regular  
**\$1.75**

Get in touch with us today to learn more about free and reduced-price meals in our district:  
907-714-8832 or thalverson@kpbsd.org

Monday, January 12

Pizza

Corn  
Fresh Apple Wedges  
100 % Juice  
White or Chocolate Milk

Tuesday, January 13

Fish Nuggets

Sweet Potato Fries  
Edamame Succotash  
Whole Fruit Lemon/  
Berry Swirl Cup  
White or Chocolate Milk

Thursday, January 15

Manwich Sloppy Joe

Baked Beans  
Green Beans  
Chilled Mixed Fruit  
White or Chocolate Milk

Friday, January 16

Teriyaki Fingers with  
Chow Mein Noodles

Winter Mix Vegetables  
Pineapple  
Applesauce  
White or Chocolate Milk

## ANIMAL APPETITES

Food becomes more scarce for a lot of birds in winter, especially in areas prone to snow and ice. A bird feeder or two helps them survive and gives you plenty of entertainment, no matter what winter is like in your neck of the woods!



## Martin Luther King Jr's Birthday

January 19  
No School



Tuesday, January 20

Chalupa

Baked Beans  
Strawberries  
Mixed Fruit

White or Chocolate Milk

Wednesday, January 21

Sliders

Carrots/Ranch  
Green Beans  
100 % Juice

White or Chocolate Milk

Thursday, January 22

Spaghetti w/ Meat Sauce  
and Bread Stick

Romaine Salad  
Corn  
Applesauce

White or Chocolate Milk

Friday, January 23

Bb-q Pork Sandwich

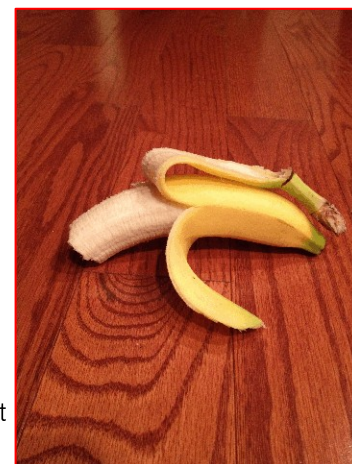
Winter Mix Vegetables  
KK Fries  
100 % Juice

White or Chocolate Milk



# Leave it alone.

You've heard of the "5 second rule," right? Don't buy it. Believe it or not, germs don't observe a waiting period, so there is no "safe" amount of time for food to be on the floor. If you can't wash it off, don't put it back on your plate!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, January 26

Corn Pups

Grilled Sweet Potato  
Bites  
Applesauce  
Whole Fruit Orange/  
Pineapple Swirl  
White or Chocolate Milk

Tuesday, January 27

Chicken Quesadilla

Corn  
Carrots/Ranch  
Banana

White or Chocolate Milk

Wednesday, January 28

Garlic Roasted Fish  
with Roll

Chow Mein Noodles  
Corn  
Strawberry Cup

White or Chocolate Milk

Thursday, January 29

Chicken Taco

Refried Beans  
Green Beans  
Orange Wedges

White or Chocolate Milk


Friday, January 30

Pizza


Steamed Broccoli  
Peaches  
100% Juice

White or Chocolate Milk

## ★ ★ ★ ★ OUR NATION'S HISTORY ★ ★ ★ ★



**O**n January 31, 1865 – 150 years ago this month – Congress passed the 13th Amendment to the Constitution, outlawing slavery forever in the United States. The passage of the 13th Amendment culminated a great effort by President Abraham Lincoln and his cabinet and their allies in Congress and ended centuries of enslavement for millions of Africans and African-Americans in the U.S. A great retelling of the story of the 13th Amendment is the film "Lincoln," by director Steven Spielberg, with Daniel Day-Lewis (right) as President Lincoln.



## ★ ★ ★ ★ WITH LIBERTY & JUSTICE FOR ALL ★ ★ ★ ★

## NUTRITION TO GO

**Trying to cut down on added sugar? You might think that foods like pastry would be a good place to start. And you'd be right. A large cinnamon bun from a national chain has 59 grams of added sugar (double the maximum recommended daily amount). But a 44-oz. fountain soda contains 128 grams – more than twice as much added sugar as the cinnamon bun!**



**A TASTY MORSEL FOR PARENTS**