

# MENUS FOR FEBRUARY 2015

Kenai Peninsula Borough School District Elementary School

USDA is an equal opportunity provider and employer.

Wednesday, February 4

Chicken Nuggets

Carrots w/ranch  
Mashed Potato  
Gravy  
100 % Juice  
Milk

Thursday, February 5

Conferences

Friday, February 6

Conferences

Monday, February 2

WG Cheese Stuffed Pretzel

Corn  
Fresh Apple  
100 % Juice  
Gold Fish Crackers  
Milk

Tuesday, February 3

BB-Q Pulled Chicken Sandwich

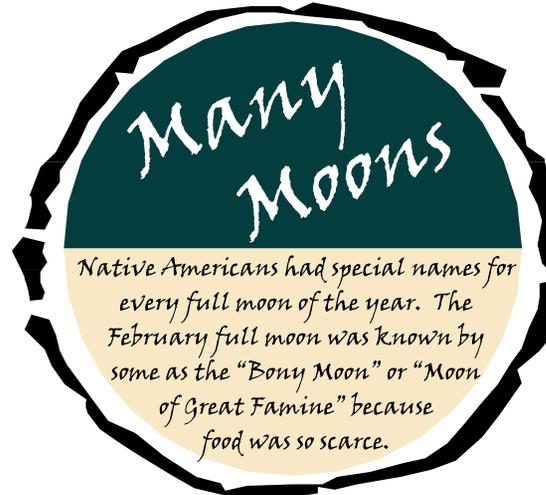
Green Beans  
Sweet Potato Fries  
Whole Fruit Lemon Berry Swirl Cup  
Milk

## MAKE TIME.



Adults should get at least 2.5 hours of moderate aerobic exercise a week. Kids and teens should get 60 total minutes of moderate to vigorous physical activity each day.

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



Monday, February 9

Pizza

Mandarin Orange Pieces  
Corn  
100 % Juice  
Milk

Tuesday, February 10

Chicken Fried Beef Fingers

Applesauce Cups  
Orange Wedges  
100 % Juice  
Milk

## BELOW THE SNOW

A frozen February field in a place like Yellowstone National Park might appear lifeless. But the fox knows better. Below that insulating blanket of snow, the environment at the ground stays near 32° Fahrenheit, no matter how far below zero the air temperature may fall or how frigid and hard the icy winter winds may blow. In this relatively balmy layer, insects stay active and shrews and voles and other rodents dig tunnels through the snow and go about their business. The fox can't see their movements, but it can hear and smell them -- and it hunts through the snow pack to survive until the warmth of spring brings everything back to the surface once more.



Wednesday, February 11

Zesty Salmon Fillet  
with Roll

Fresh Carrots w/ranch  
Mashed Potato  
Gravy  
100 % Juice  
Milk

Thursday, February 12

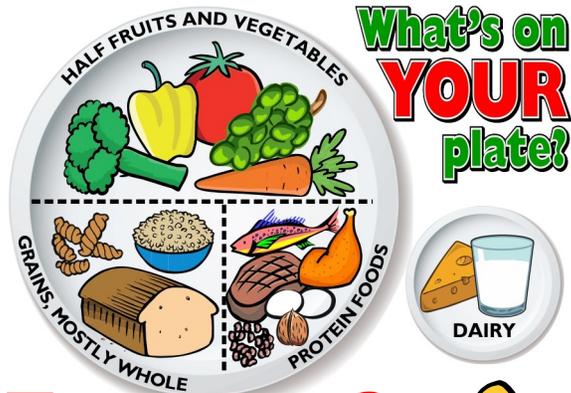
Manwich Sloppy Joe

Green Beans  
Baked Beans  
Mixed Fruit  
Milk

Friday, February 13

Beef Nuggets in Teriyaki Sauce

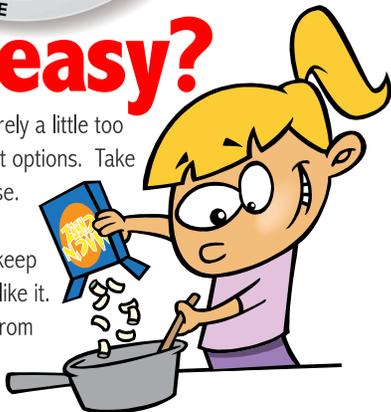
Steamed Broccoli  
Pineapple  
Applesauce Cup  
Milk



What's on **YOUR** plate?

# Too easy?

Sometimes we can rely a little too much on the easiest options. Take boxed mac 'n cheese. It's convenient and quick. It's easy to keep on hand. And kids like it. But it's also made from refined grains rather than whole grains, and it's fairly high in calories, saturated fat, and sodium. It can even contain some trans fat, if made according to the package directions. So mac 'n cheese is fine once in awhile, especially served with fresh veggies like broccoli on the side. But it should not be a go-to meal for kids all the time.



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

**Monday, February 16**

- Egg Roll
- Rice
- Green Beans
- 100 % Juice
- Milk

# 羊 YEAR OF THE GOAT

The Chinese New Year begins with the new moon on February 19th. 2015 is the year of the Goat, Sheep, or Ram.

# 2015

**Tuesday, February 17**

- Chicken Quesadilla
- Corn
- Tater Tots
- Mixed Berry Blend
- Milk

**Wednesday, February 18**

- Sliders
- Fresh Carrots with Ranch
- Winter Mix Vegetables
- Strawberry Cups
- Milk

**Thursday, February 19**

- Spaghetti with Meat Sauce And Bread Stick
- Fresh Romaine Salad
- Applesauce
- 100 % Juice
- Milk

**Friday, February 20**

- Grilled Cheese Sandwich
- Wedge Potato
- Diced Pears
- Whole Fruit Orange
- Pineapple Swirl
- Milk

**Monday, February 23**

- Salmon Enchilada
- Grilled Sweet Potato Bites
- Applesauce
- Whole Fruit Orange
- Pineapple Swirl
- Milk

**Tuesday, February 24**

- Chalupa
- Fresh Carrots with Ranch
- Corn
- Strawberries
- Milk

**Wednesday, February 25**

- Beef Nuggets in Teriyaki Sauce with Roll
- Chow Mein Noodles
- Green Beans
- 100 % Juice
- Milk

**Thursday, February 26**

- Chicken Taco
- Refried Beans
- Orange Wedges
- 100 % Juice
- Milk

Every complete meal we serve comes with your choice of milk



**Friday, February 27**

- Pizza
- Steamed Broccoli
- Peaches
- KK Fries
- Choc Chip Cookie
- Milk

**NUTRITION TO GO**

For many of us, especially kids, time in front of the TV is automatically snacking time. In fact, research shows that kids who cut their screen time (including TV, video games, and playing/surfing on the computer) also cut their body fat. Kids who cut screen time snack less, so they take in fewer calories AND they're more active, so they burn more calories.

**A TASTY MORSEL FOR PARENTS**