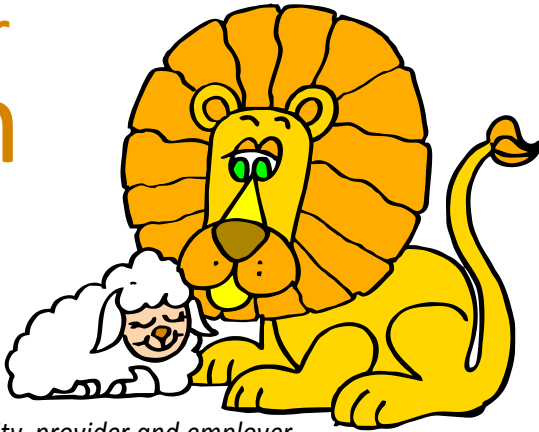


"March comes in like a lion and goes out like a lamb!"

Menus for March

Kenai Peninsula
Borough School District
Elementary School



USDA is an equal opportunity provider and employer.

START FRESH WITH FRUIT!

Everyone, young and old, should begin their morning with fresh fruit. It's the head start you can hold in your hand!



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

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
Cheese Stuffed Pretzel	Sliders	Garlic Roasted Fish W/ Roll	Honey BB-Q Pork Nuggets with Chow Mein	
Green Beans Apple 100% Juice	Carrots w/Ranch Applesauce Cups Gold Fish	Mashed Potato/ Gravy Corn 100% Juice	Winter Mix Baked Beans Strawberry Cups	Inservice Day
White or Chocolate Milk	White or Chocolate Milk	White or Chocolate Milk	White or Chocolate Milk	
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break

FROZEN FOOD SECTION

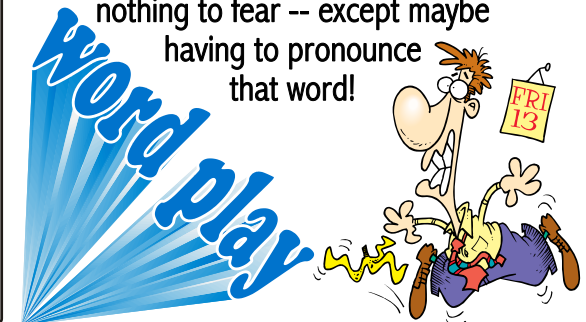


Polar bears are the biggest bears in the world -- a big male may weigh a ton or more! To keep that weight on in a harsh climate, polar bears will eat just about anything, but by far their favorite meals are ringed and bearded seals.

ANIMAL APPETITES

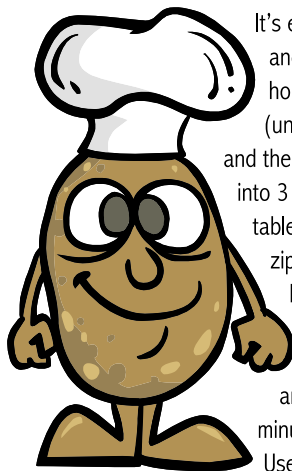
Friggatriskaidekaphobia

"Friggatriskaidekaphobia" is the irrational fear of Friday the 13th. There's really nothing to fear -- except maybe having to pronounce that word!





HEALTHY SPUDS!



It's easy and fun to make healthy and delicious "french fries" at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

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



Peanut Butter is a fantastic, healthy lunch or snack food that kids love! Look for varieties that contain less sugar. Indeed, there are many brands available now that are 100% peanuts -- or perhaps just peanuts with a dash of salt -- and no added sugar at all! Excellent Peanut Butter delivery methods include celery stalks and 100% whole wheat bread or crackers.

Monday, March 16

Taco Snack

Refried Beans
Mandarin Orange
Wedges
100% Juice

White or Chocolate
Milk

Tuesday, March 17

Beef Patties n Gravy
W/ Roll

Mashed Potato/Gravy
Winter Mix
Strawberry Cups

White or Chocolate
Milk

Wednesday, March 18

Fish Nuggets

Tater Tots
Carrots/Ranch
4 Berry Blend

White or Chocolate
Milk

Thursday, March 19

Cheese Stick
W/Dunker Sauce

Romaine Salad
Applesauce
100% Juice

White or Chocolate
Milk

Friday, March 20

Fiesta Bowl

Corn
Fresh Apple Pieces
Peaches

White or Chocolate
Milk

Monday, March 23

Breaded Chicken
Sandwich

Sweet Potato Random
Cut
Applesauce
Whole Fruit Orange/
Pineapple
Swirl

White or Chocolate
Milk

Tuesday, March 24

Salmon Enchilada

Corn
Carrots/Ranch
Strawberries

White or Chocolate
Milk

Wednesday, March 25

Beef Nuggets
W/Teriyaki Sauce
W/ Roll

Chow Mein Noodles
Green Beans
100% Juice

White or Chocolate
Milk

Thursday, March 26

Beef n Bean Taco

Refried Beans
Orange Wedges
100% Juice

White or Chocolate
Milk

Friday, March 27

Pizza

Steamed Broccoli
KK Fries
Strawberry Cup
Chocolate Chip
Cookie

White or Chocolate
Milk

Monday, March 30

WG Cheese Stuffed
Pretzel

Green Beans
Apple
100% Juice

White or Chocolate
Milk

Tuesday, March 31

Egg Roll

Rice
Edamame Succotash
100% Juice

White or Chocolate
Milk

Get out your
Ghillies!

Traditional Irish dancers wear colorful outfits and either hard dance shoes ("jig shoes") or soft dance shoes ("ghillies").



March 17
St. Patrick's Day