

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

# Menus for March

Kenai Peninsula Borough  
School District  
Port Graham

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## 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 Or Pizza  Green Beans Apple 100% Juice  White or Chocolate Milk	Sliders Or Popcorn Chicken  Carrots W / Ranch Applesauce Cups Gold Fish  White or Chocolate Milk	Garlic Roasted Fish Or Chicken Nuggets Both w/Roll  Mashed Potato/ Gravy Corn 100% Juice  White or Chocolate Milk	Honey BB-Q Pork Nuggets Or Chicken Fried Beef Both w/Chow Mein  Winter Mix Baked Beans Strawberry Cups  White or Chocolate Milk	Inservice

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

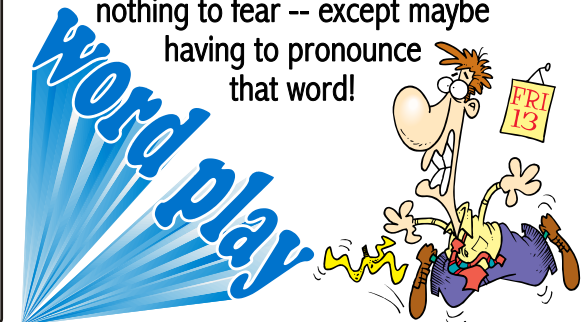


Polar bears are the biggest bears in the world -- a big male may weigh a ton or more! To keep that weight on in a harsh climate, polar bears will eat just about anything, but by far their favorite meals are ringed and bearded seals.

## ANIMAL APPETITES

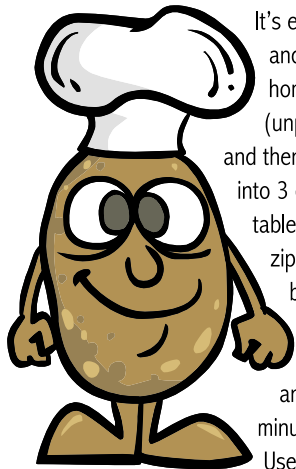
## Friggatriskaidekaphobia

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



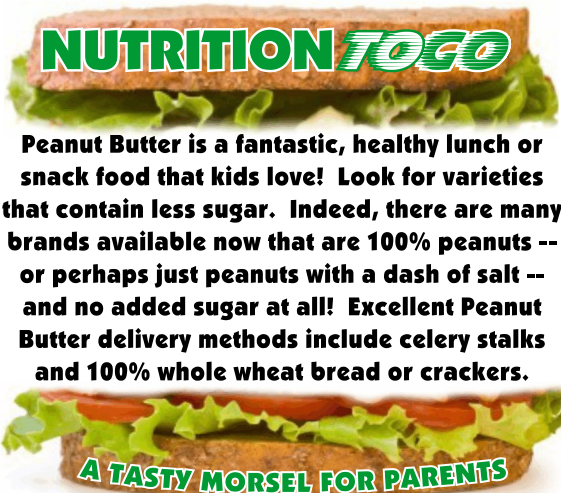


## HEALTHY SPUDS!



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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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  
Or  
Pizza

Refried Beans  
Mandarin Orange  
Wedges  
100% Juice

White or Chocolate  
Milk

**Tuesday, March 17**

Beef Patties n Gravy  
Or  
Chicken Nuggets  
Both w/ Roll

Mashed Potato/Gravy  
Winter Mix  
Strawberry Cups

White or Chocolate  
Milk

**Wednesday, March 18**

Fish Nuggets  
Or  
Spicy Chicken Strips

Tater Tots  
Carrots w/ Ranch  
4 Berry Blend

White or Chocolate  
Milk

**Thursday, March 19**

Cheese Stick  
W/Dunker Sauce  
Or  
Philly Steak Hoagie

Romaine Salad  
Applesauce  
100% Juice

White or Chocolate  
Milk

**Friday, March 20**

Fiesta Bowl  
Or  
Ham & Cheese  
Hoagie

Corn  
Fresh Apple Pieces  
Peaches

White or Chocolate  
Milk

**Monday, March 23**

Breaded Chicken  
Sandwich  
Or  
Chalupa  
Sweet Potato Random  
Cut  
Applesauce  
Whole Fruit Orange/  
Pineapple  
Swirl

White or Chocolate  
Milk

**Tuesday, March 24**

Salmon Enchilada  
Or  
Chicken Nuggets

Corn  
Carrots/Ranch  
Strawberries

White or Chocolate  
Milk

**Wednesday, March 25**

Beef Nuggets  
W/Teriyaki Sauce  
Or  
Garlic Roasted Fish

Chow Mein Noodles  
Green Beans  
100% Juice

White or Chocolate  
Milk

**Thursday, March 26**

Beef n Bean Taco  
Or  
Hawaiian Big Daddy's  
Pizza

Refried Beans  
Orange Wedges  
100% Juice

White or Chocolate  
Milk

**Friday, March 27**

Pizza  
Or  
Popcorn Chicken

Steamed Broccoli  
KK Fries  
Strawberry Cup  
Chocolate Chip  
Cookie

White or Chocolate  
Milk

**Monday, March 30**

WG Cheese Stuffed  
Pretzel  
Or  
Pizza

Green Beans  
Apple  
100% Juice

White or Chocolate  
Milk

**Tuesday, March 31**

Egg Roll  
Or  
Chicken Fried Beef  
Fingers  
Both w/ Rice

Edamane 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**