

Menus for April

Kenai Peninsula
Borough School
District Middle School

USDA is an equal opportunity
provider and employer.



Wednesday, April 1

Zesty Salmon Fillet
On a Bed of Rice
or Chicken
Nuggets

Whole Grain Roll
Corn
Juice
White or
Chocolate Milk

APRIL
FOOLS
DAY?



Thursday, April 2

Vegetarian Chili
with String Cheese
or Pizza

Winter Mix
Vegetables
Jo Jo's
100 % Juice
White or
Chocolate Milk

Friday, April 3

NO

SCHOOL

Monday, April 6

BB-Q Rib
Sandwich or
Taco Snack

Mandarin Orange
Sections
Crazy Corn
100% Juice
White or
Chocolate Milk

Tuesday, April 7

Chicken Nuggets
or Garlic Roasted
Fish
Whole Grain Roll
Mashed Potato
Gravy
Carrots/ Ranch
Whole Orange/
Pineapple Swirl
White or
Chocolate Milk

Wednesday, April 8

Chicken Fried Beef
Fingers or Fish
Nuggets
Rice
Steamed Broccoli
Diced Pears
Strawberry Cups
White or
Chocolate Milk

Thursday, April 9

Manwich Sloppy
Joe or Popcorn
Chicken
Baked Beans
Spinach Salad
Mixed Fruit
White or
Chocolate Milk

Friday, April 10

Beef Nuggets with
Teriyaki Sauce or
Meatball Marina
Hoagie
Green Beans
Diced Peaches
100 % Juice
White or
Chocolate Milk

STATE OF MIND.

Physical activity isn't just good for your body.
Regular exercise has been shown to help guard
the mind against depression, too.



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

Monday, April 13

Pizza or Cheese
Stuffed Pretzel

Green Beans
Mandarin Orange
Sections
100% Juice
White or
Chocolate Milk

Tuesday, April 14

Beef with Gravy or
Chicken Nuggets
both with
Whole Grain Roll
Mashed Potato
Gravy
Winter Mix
Veggies
100 % Juice
White or
Chocolate Milk

NUTRITION TO GO

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes. Wow!



Wednesday, April 15

Popcorn Chicken
or Ham & Cheese
Hoagie

Baked Beans
Carrots with
Ranch
Mixed Berry Blend
White or
Chocolate Milk

Thursday, April 16

Fish Salad Mini's
or Spicy Chicken
Strips
Tater Tots
Fresh Romaine
Salad
100 % Juice
Choc Chip Cookie
White or
Chocolate Milk

Friday, April 17

Fiesta Bowl or
Philly Steak
Hoagie
Crazy Corn
Peaches
Fresh Banana
White or
Chocolate Milk

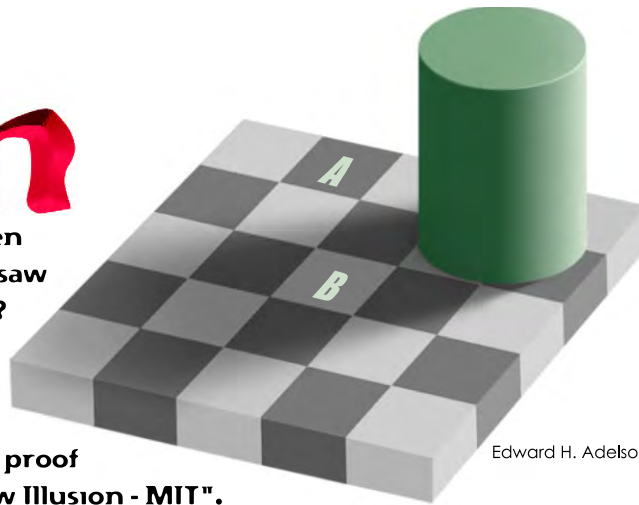
Only an Illusion

Remember a few weeks ago when the argument between people who saw the black and blue dress and those who saw the gold and white dress almost shut down the internet?

Here's another one for you: the "Adelson Checkerboard Illusion." Do you think the two squares labeled

A and B are different shades of gray? Guess what?

They're the same color! If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".



Edward H. Adelson



WHAT AM I? I have a head but cannot think.
I have eyes but cannot see.
I have ears but cannot hear.
I have ribs but no bones.

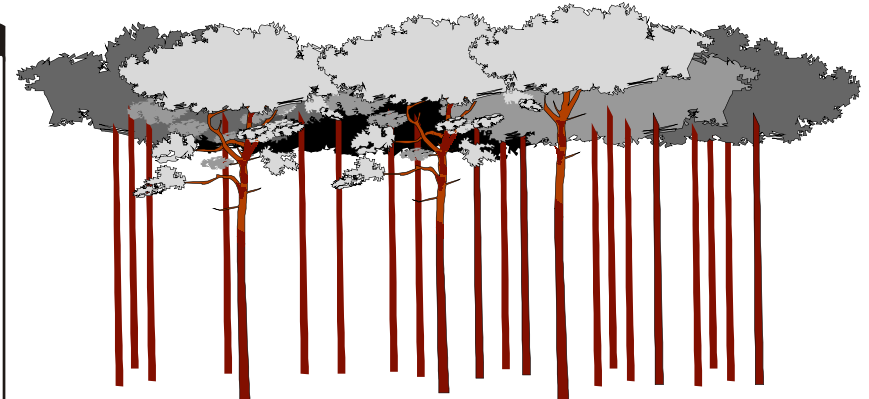


Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

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

Monday, April 20	Tuesday, April 21	Wednesday, April 22	Thursday, April 23	Friday, April 24
BB-Q Chicken Sandwich or Chalupa	Ravioli or Chicken Nuggets both with Bread Stick	Zesty Salmon Fillet or Beef Nuggets in Teriyaki Sauce both with Roll	Beef n Bean Tacos Or Hawaiian Pizza	Pizza or Hamburger
Carrots with Ranch	Crazy Corn	Rice	Refried Beans	KK Fries
Green Beans	Carrots with Ranch	Green Beans	Orange Wedges	Steamed Broccoli
100% Juice	Strawberries	100% Juice	100% Juice	Strawberry Cups
White or Chocolate Milk	White or Chocolate Milk	White or Chocolate Milk	White or Chocolate Milk	White or Chocolate Milk

Monday, April 27	Tuesday, April 28	Wednesday, April 29	Thursday, April 30
Breaded Chicken Sandwich or Cheese Stuffed Pretzel	Sliders or Chicken Fried Beef Fingers	Honey BB-Q Pork Nuggets or Corn Pups	Vegetarian Chili with Sting Cheese or Fish Nuggets
Green Beans	Jo Jo's	Rice	Mixed Fruit
Carrots with Ranch	Edamame	Winter Mix	Apple
100% Juice	100% Juice	Strawberries	100% Juice
White or Chocolate Milk	White or Chocolate Milk	Choc. Chip Cookie	White or Chocolate Milk
		White or Chocolate Milk	



EARTH DAY APRIL 22