

We're Going Back To School



Middle School Menu August/September

Kenai Peninsula Borough School District

This institution is an equal opportunity provider.

Wed. August 19

Chicken Nuggets
or
Hawaiian Pizza

Baked Beans
Mixed Fruit
Juice
Milk

Thursday, August 20

Beef Nuggets in
Teriyaki Sauce
or
Corn Pups

Rice
Steamed Broccoli
Applesauce
Milk

Friday, August 21

BB-Q Rib
Sandwich
or
Taquitos

Sweet Potato Fries
Pineapple
Strawberry Cups
Milk

**ONLINE
PAYMENTS**
Powered by RevTrak

Follow the link on our school
system web site to take
advantage of this safe, secure way
to manage school meal payments

Breakfast
\$1.75
Lunch
\$3.35

Monday, August 24

Fish Nuggets
Tarter Sauce or
BB-Q Chicken
Sandwich

Rice
Corn
100% Fruit Juice
Milk

Tuesday, August 25

Breaded Chicken
Sandwich or
Ham -n-Cheese
Hoagie
French Fries
Carrot & Celery
Sticks/ Ranch
Applesauce
Milk

Wednesday, August 26

French Toast w/
Sausage or
Sunflower & Jelly
Sandwich

Tater Tots
Strawberries
Juice
Milk

Thursday, August 27

Spaghetti with
Meat Sauce
or
Popcorn Chicken

Bread Stick
Romaine Salad
Chilled Peaches
Milk

Friday, August 28

Taco Snack
or
Honey BB-Q Pork
Nuggets
Refried Beans
Mixed Fruit
Cocktail
Juice
Milk

Monday, Aug. 31

Pizza
or
Ravioli w/ Bread
Stick

Green Beans
Mixed Fruit
Cocktail
Juice
Milk

Tuesday, September 1

Corn Pups
or
Fish Nuggets

KK French Fries
Fresh Broccoli
Mandarin Orange
Slices
Milk

Wed., September 2

Cheese Stuffed
Pretzel
or Ham-n-Cheese
Hoagie

Baked Beans
Carrots with Ranch
Triple Mixed
Berries
Milk

Thursday, September 3

Honey BB-Q Pork
Nuggets
or Chicken
Nuggets
Dinner Roll

Mashed Potato w/
Gravy
Winter mix Veg.
Juice
Milk

Friday, September 4

Beef Nuggets in
Teriyaki Sauce
or
Turkey Wrap

Corn
Fresh Orange
Wedges
Juice
Milk



**BREAKFAST
@SCHOOL**
For first-class learning!

Featuring Healthy
Fruits & Grains!

Monday, September 7



No School

Tuesday, September 8

Chalupa or BB-Q
Chicken Sandwich
Sweet Potato
KK Fries
Chilled Pears
Frozen Swirl
Pomegranate/
Strawberry
Milk

Wed, September 9

Ravioli
or
Chicken Nuggets

Bread Stick
Steamed Broccoli
Chilled Peaches
Juice
Milk

Thurs, September 10

BB-Q Pork
Sandwich
or Chicken Fried
Beef Sticks

Baked Beans
Strawberry Cups
Cookie
Milk

Friday, September 11

Popcorn Chicken
or Ham-n-Cheese
Hoagie
Jo-Jo Wedge
Potato's
Chilled Mixed
Fruit
Juice
Milk



Student Nutrition Services - KPBSD

Monday, September 14

Egg Roll
or
Pizza

Fried Rice
Green Beans
Juice
Milk

Tuesday, September 15

Chicken Fried Beef
Sticks or
Ham-n- Cheese
Hoagie
Sweet Potato
KK Fries
Steamed Broccoli
Applesauce
Milk

Wed, September 16

French Toast
Sticks with
Sausage or
Sunflower & Jelly
Uncrustable
Tater Tots
Strawberry cups
Juice
Milk

Thurs, September 17

Fish Sandwich
or
Corn Pups
Carrot & Celery
Sticks w/ Ranch
Gold Fish Pretzels
Mandarin Orange
Cups
Milk

Friday, September 18

Taco Snack
or Breaded
Chicken Sandwich

Refried Beans
Chilled Mixed
Fruit
Juice
Milk

Monday, September 21

Chicken Drumies
or
Cheese Stuffed
Pretzel
Green Beans
Chilled Mixed
Fruit
100 % Juice
Milk

Tuesday, September 22

Ocean Treasures
or
Corn Pups

French Fries KK
Fresh Broccoli
Mandarin Orange
Cups
Milk

Wed, September 23

Beef Nuggets
With Teriyaki
Sauce or
Ham -n-Cheese
Hoagie
Rice
Carrots w/Ranch
Triple Berry Mix
Juice
Milk

Thurs, September 24

Vegetarian Chili
or
Popcorn Chicken

Garlic Bread
Romaine Salad
Chilled Peach
Cups
Milk

Friday, September 25

Chicken Taquitos
or
Breaded Chicken
Sandwich
Jo-Jo Wedge
Potato
Chilled Mixed
Fruit
Juice
Milk

Monday, September 28

Fish Nuggets
Or
Grilled Cheese

Sweet Potato KK
Fries
Chilled Pears
Whole Fruit Swirl
Milk

Tuesday, September 29

Hamburger
or
Corn Pups
Fresh Broccoli
with
Ranch
Applesauce Cups
Juice
Milk



A healthy diet should contain very little added sugar, but the average American consumes almost ½half a cup of added sugar every day. About a third comes from soda and other sugary drinks. But nearly 70% of the added sugar in our diets comes from processed foods, like bread, crackers, cookies, ice cream, ketchup, and cereal.



Wed, September 30

Pizza
or
Turkey Wrap

Green Beans
Baked Beans
Fresh Orange
Wedges
Milk