

Middle School Menu November 2015

Kenai Peninsula Borough School District

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Until about 1,000 years ago, English-speaking people thought of the year in two parts -- the warm half and the cold half. The word "winter," is 5,000 years old, and "summer" is a pretty old word, too. The word "spring" was in general use by the 1400's, and "autumn" is a Latin word that also entered English around 1400. "Fall" came into use as a complement to "spring" in the 17th century -- just as North America was being settled by the British. The English-speaking people in England mostly stuck with "autumn" while their distant cousins preferred "fall." And that's why, to this day, this is the only season we have two words for!



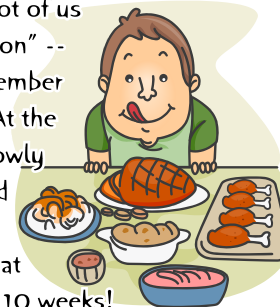

NUTRITION TO GO

Occasional fast food meals don't have to be unhealthy. Choose the smallest burger instead of the biggest. Go for mustard rather than ketchup or mayo. Skip the gooey sauces and get lettuce, tomato, onion, and pickle instead. Look for grilled options instead of breaded and/or fried. And if you must have fries, savor a small order.

A TASTY MORSEL FOR PARENTS

Season's Gr(EAT)ings.

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



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

Monday, November 2

BB-Q Pork Sandwich
or
Breaded Beef Fingers
Steamed Broccoli
Diced Peaches
100 % Juice
Milk

Tuesday, November 3

Popcorn Chicken
or BB-Q Chicken Sandwich
Sweet Potato KK Wedges
Mixed Fruit
Frozen Swirl Cup
Milk

Wednesday, Nov. 4

Chalupa
or
Chicken Nuggets
Refried Beans
Triple Berry Blend
Baby Carrots w/
Ranch
100 % Juice
Milk

Thursday, November

Sloppy Joe Mini's
or
Baja Fish
Edamame
Mixed Fruit
Applesauce Cups
Milk

Friday, November 6

Ocean Treasures
or
Ham n Cheese Hoagie
Corn
Diced Pears
100 % Juice
Gold Fish Pretzel
Milk

Monday, November 9

Chicken Drumies
Or
Cheese Stuffed Pretzel Roll
Corn
Mixed Fruit
100 % Juice
Milk

Tuesday, November

Fish Hoagie
or
PB & J
KK Fries
Baby Carrots w/
Ranch
Diced Peaches
Milk

Wednesday,

Egg Roll w/Fried Rice
or
Ham n Cheese Hoagie
Fresh Broccoli
Pineapple
100 % Juice
Milk

Thursday, November

Beef N Bean Tacos
Or
Popcorn Chicken
Refried Beans
Corn
Orange Wedges
Milk

Friday, November 13

Pizza
or
Chicken Nuggets
Spinach Salad
Green Beans
100 % Juice
Milk



Monday, Nov. 16

Honey BB-Q
Pork Nuggets
or
Breaded Beef
Fingers w/ rice
Steamed Broccoli
Diced Peaches
100 % Juice
Milk

Tuesday, Nov. 17

Hamburger
or
Baja Fish Sticks
Sweet Potato KK
Wedge
Mixed Fruit
Frozen Fruit Berry
Swirl
Milk

Wednesday, Nov. 18

Cuban Pulled Pork
Mini's
or
Chicken Drumies
Tater tots
Bay Carrots w/
Ranch
100 % Juice
Milk

Thursday, Nov. 19

Bosco Cheese
Stick w/ Dunker
Sauce
or
Burrito
Banana
Diced Pears
Romaine Salad
Milk

Friday, November 20

Chicken Taquitos
or
Breaded Chicken
Sandwich

Jo-Jo Potato
Strawberry Cups
100 % Juice
Milk



Default fruit.

There's not a whole lot of fruit in the typical Thanksgiving spread. But, wait, cranberry sauce contains cranberries and has "berry" right there in its name, so it's fruit, right? Not so fast, Pilgrim. While it does have some nutrients and fiber, canned cranberry sauce gets almost all of its calories from added sugar -- a measly ¼ cup contains 6 teaspoons of sugar. That's an entire day's worth!



TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

Monday, Nov. 23

Ravioli with Roll
or
Grilled Cheese
Sandwich
Winter Mix
Diced Pears
Frozen Berry Fruit
Cups
Milk

Tuesday, Nov. 24

BB-Q Rib
Sandwich
or
Popcorn Chicken

Baked Beans
Applesauce Cups
100 % Juice
Milk

Wednesday, Nov. 25

Pizza
Or
Chicken Nuggets

Sweet Potato KK
Wedges
Winter Mix
Fresh Orange
Wedges
Milk



Monday, Nov. 30

BB-Q Rib
Sandwich
or
Chalupa

Steamed Broccoli
Diced Peaches
100 % Juice
Milk

OUR NATION'S HISTORY

In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.

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