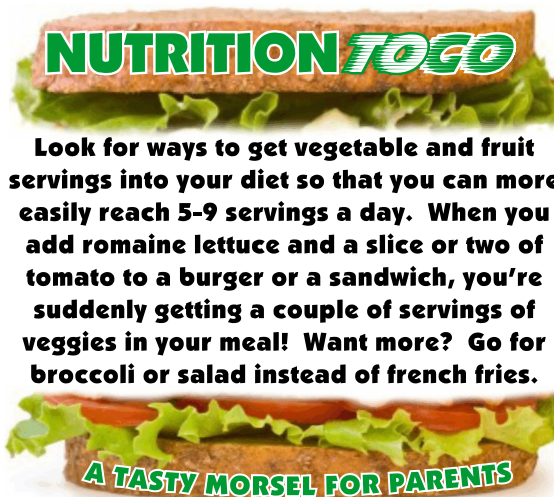




Kenai Peninsula Borough School District
This institution is an equal opportunity provider.



Look for ways to get vegetable and fruit servings into your diet so that you can more easily reach 5-9 servings a day. When you add romaine lettuce and a slice or two of tomato to a burger or a sandwich, you're suddenly getting a couple of servings of veggies in your meal! Want more? Go for broccoli or salad instead of french fries.



Not only do kids eat more in the winter, they also tend to exercise less.

Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

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

DON'T 4GET!
Take at least **ONE FRUIT or VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

Tues. December 1

Popcorn Chicken
or
Breaded Chicken Sandwich
Sweet Potato Wedge KK
Pears
Frozen Berry Swirl
Cup
Milk

Wed. December 2

French Toast w/
Sausage
Or
PB &J

Tater Tots
Blueberries
100 % Juice
Milk

Thurs. December 3

Chicken Nuggets
Or
Popcorn Chicken Roll
Mashed Potato
Gravy
Winter Mix
100 % Juice
Milk

Fri. December 4

Sweet-n-Sour Chicken with Rice
Or Ham-n-Cheese Hoagie
Carrots w/ Ranch
Mixed Fruit
Green Beans
Gold Fish Pretzel
Milk

Mon. December 7

Teriyaki Chicken
or
Chicken Drumies both with Rice and Tortilla

Green Beans
Mixed Fruit
100 % Juice
Milk

Tues. December 8

BB-Q Beef Rib Hoagie
or
Cheese Stuffed Pretzel
KK Fries
Corn
Peaches
Milk

Wed. December 9

Egg Roll with Fried Rice
or
Ham-n-Cheese Hoagie
Pineapple
Carrots w/ Ranch
100 % Juice
Milk

Thurs. December 10

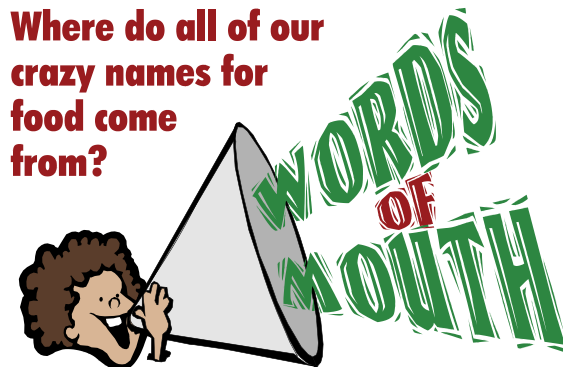
Beef-n-Bean Tacos or Popcorn Chicken
Refried Beans
Fresh Broccoli
Corn
Snicker Doodle
Cookie
Milk

Fri. December 11

Pizza or Chalupa

Spinach Salad
Orange Wedges
100 % Juice
Milk

Where do all of our crazy names for food come from?



This month: "Caesar Salad"

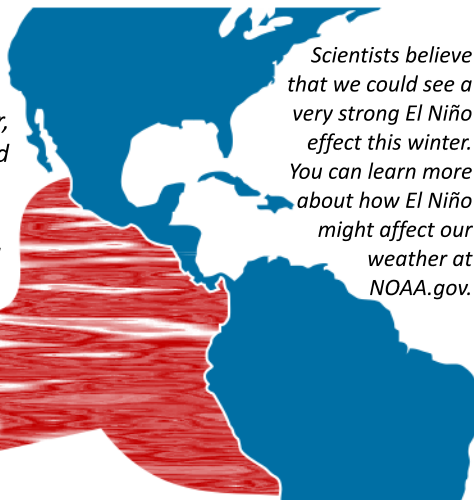
Caesar Salad was invented by (and named for) Caesar Cardini, an Italian immigrant to the U.S. who owned restaurants in San Diego, California and nearby Tijuana, Mexico in the 1920's.



Cardini's recipe included raw egg and anchovies, but today's standard Caesar Salad features romaine lettuce, Parmesan cheese, croutons, creamy Caesar dressing (without the raw egg!) or vinaigrette, and sometimes grilled chicken. Thanks, Mr. Cardini!

The climate phenomenon known as “El Niño” occurs in years when Pacific Ocean waters off the coast of Central and South America become warmer than usual. El Niño can make California wetter and warmer, the southern U.S. wetter and cooler, the northwest and central states warmer and drier, and the mid-Atlantic and northeast warmer on the whole, but prone to big snowstorms.

El Niño



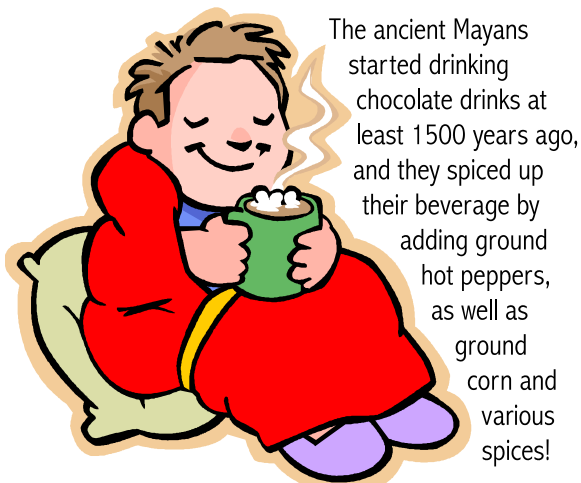
Scientists believe that we could see a very strong El Niño effect this winter. You can learn more about how El Niño might affect our weather at NOAA.gov.



From
Brenda Padilla,
Director, SCUSD
Nutrition Services,
& the School Nutrition



REALLY Hot Chocolate!



The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!

Mon. December 14	Tues. December 15	Wed. December 16	Thurs. December 17	Fri. December 18
Chicken Nuggets With Rice or Honey BB-Q Pork Nuggets Steamed Broccoli Diced Peaches 100 % Juice Milk	Hamburger or Chicken Drumies Sweet Potato KK Wedges Frozen Whole Berry Swirl Cup Milk	Pulled Pork Sandwich or Popcorn Chicken Tater Tots Baby Carrots with Ranch 100 % Juice Milk	Spaghetti with Meat Sauce or Chicken Nuggets Both with Garlic Toast Romaine Salad Banana Diced Pears Milk	INSERVICE NO SCHOOL



HAPPY 2016!

Last day of school: Friday, December 18

SEE YOU NEXT YEAR!

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