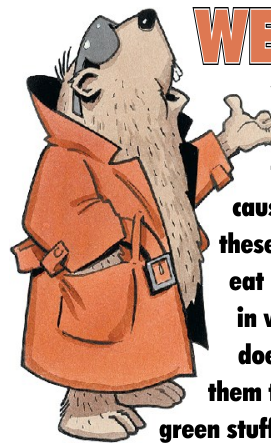


**MENUS FOR  
FEBRUARY  
2016**

KPBSD  
Middle  
School  
Menu

This  
institution is  
an equal




**WEATHERMAN**

When groundhogs start popping up to check out the weather, they have good cause to pay close attention: these 6-12 pound rodents need to eat about a third of their weight in vegetation every day. So it doesn't make much sense for them to pop up for good until the green stuff is starting to pop up, too!

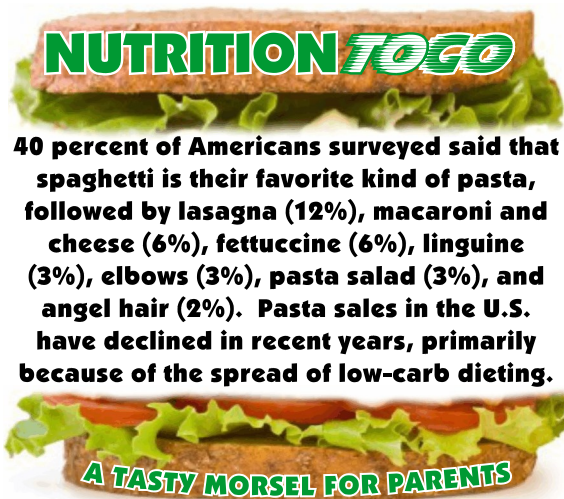
**ANIMAL APPETITES**

**POWER OF LOVE.**

February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.



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



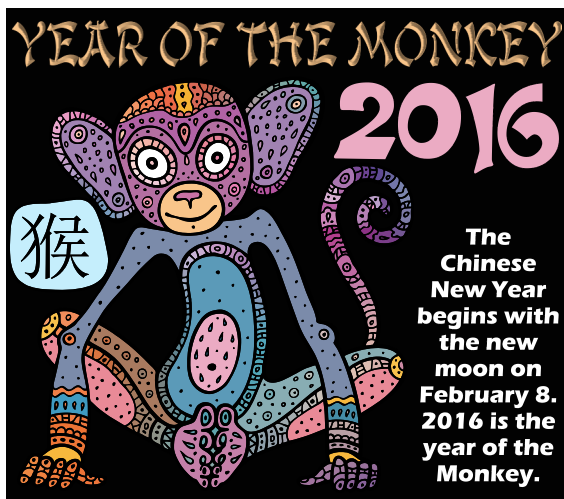
**NUTRITION 100%**

40 percent of Americans surveyed said that spaghetti is their favorite kind of pasta, followed by lasagna (12%), macaroni and cheese (6%), fettuccine (6%), linguine (3%), elbows (3%), pasta salad (3%), and angel hair (2%). Pasta sales in the U.S. have declined in recent years, primarily because of the spread of low-carb dieting.

**A TASTY MORSEL FOR PARENTS**

Monday, February 1	Tuesday, February 2	Wed., February 3	Thurs., February 4	Friday, February 5
Teriyaki Chicken with Tortilla or Chicken Drumsticks both with Rice  Green Beans Mixed Fruit 100% Juice Milk	Fish Hoagie or Pizza  KK Fries Baked Beans Fresh Pear Milk	Chicken Nuggets with Roll or Ham N Cheese Hoagie Spinach Salad Pineapple Baby Carrots with Ranch Milk	Nikolaevsk Menu  Pizza Winter Mix Orange Wedges 100% Juice Milk	No  School  Conferences

**YEAR OF THE MONKEY  
2016**



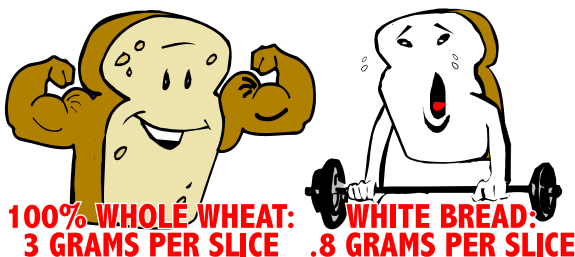
猴

The  
Chinese  
New Year  
begins with the new  
moon on  
February 8.  
2016 is the  
year of the  
Monkey.

Monday, February 8	Tuesday, February 9	Wed., February 10	Thurs., February 11	Friday, February 12
Chicken Drumsticks Or Chicken Beef Sticks both with Rice Steamed Broccoli Fresh Apple 100% Juice Milk	Hamburger or Honey BB-Q Pork Nuggets with Roll  KK Fries Mixed Fruit Frozen Berry Swirl Cup Milk	BB-Q Pulled Pork Sandwich Or Tacos with Salsa  Baked Bean Baby Carrots with Ranch 100% Juice Milk	Vegetarian Chili with String cheese Or Chicken Nuggets both with Roll  Romaine Salad Fresh Apple Diced Peaches Milk	Baja Fish Sticks Or Breaded Chicken Sandwich Jo-Jo's Fresh Broccoli Snickers Doodle Cookie 100% Juice



# Powerhouse!



Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

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)



Menu selections may change based on product availability

## Mooseum Quality



Choice of milk served with lunch  
Lowfat White  
Nonfat Chocolate

**Monday, February 15**

BB-Q Chicken Sandwich  
or  
Ocean Treasures Sweet Potato  
KK Fries  
Pears  
Frozen Berry Fruit Swirl  
Milk

**Tuesday, February 16**

Sweet -N-Sour Chicken  
or  
Egg Roll both with Rice  
Fresh Broccoli  
Pineapple  
100% Juice  
Milk

**Wed., February 17**

Pizza  
Or  
Chicken Nuggets  
  
Fresh Apples  
Tater Tots  
100% Juice  
Milk

**Thurs., February 18**

Breaded Beef Sticks  
or  
Popcorn Chicken both with Roll  
  
Mashed Potato Gravy  
Winter Mix  
Diced Peaches  
Milk

**Friday, February 19**

BB-Q Rib Hoagie  
or  
Ham-N-Cheese Hoagie  
  
Baked Beans  
Fresh Orange Wedges  
Mixed Fruit  
Milk

**Monday, February 22**

Chalupa or BB-Q Pork Sandwich  
  
Refried Beans w/ Cheese Garnish  
Applesauce  
100% Juice  
Milk

**Tuesday, February 23**

Fish Hoagie or Breaded Chicken Sandwich  
Sweet Potato  
KK Fries  
Fresh Pears  
Frozen Mixed Berry Swirl  
Milk

**Wed., February 24**

Chicken Nuggets with Roll  
or  
PB&J  
  
Tater Tots  
Fresh Orange Wedges  
100% Juice  
Milk

**Thurs., February 25**

Chicken Alfredo Rotini  
or  
Honey BB-Q pork Nuggets both with Garlic Bread  
  
Fresh Broccoli  
Diced Peaches  
Applesauce Cup  
Milk

**Friday, February 26**

Pizza  
or  
BB-Q Chicken Sandwich  
  
Romaine Salad  
Mixed Fruit  
100% Juice  
Milk

**Monday, February 29**

Ocean Treasures or Honey BB-Q Pork Nuggets with Roll  
  
KK Fries  
Green Beans  
Applesauce  
Milk



IT TAKES THE EARTH 365¼ DAYS TO COMPLETE AN ORBIT AROUND THE SUN.

THAT'S WHY WE ADD A 366TH DAY (FEBRUARY 29th) IN EVERY YEAR THAT CAN BE DIVIDED EVENLY BY 4.

BUT THAT STILL LEAVES US OFF BY ABOUT 11 MINUTES EVERY YEAR.

SO CENTURY YEARS ONLY HAVE A LEAP YEAR IF THEY CAN BE DIVIDED EVENLY BY 400.

THAT'S WHY THE YEAR 2000 HAD A LEAP YEAR, BUT 1900 DID NOT, AND NEITHER WILL 2100.

GOT ALL THAT?