

Kenai  
Peninsula  
School Dist.  
Middle  
School



Menus for August & September 2016

This institution is an equal

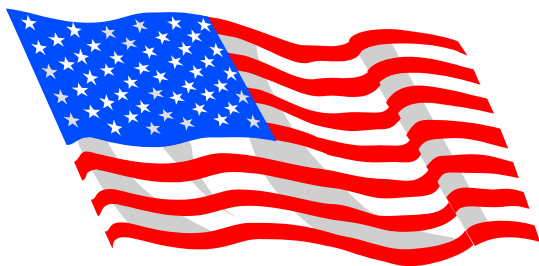
**10 x 2.**

Here's a simple way to roll a wellness "strike" twice a day, every day. Add just 10 minutes of daily exercise to whatever you're doing now. And get to bed just 10 minutes earlier than usual. Easy formula for improved wellness, right? Might even improve your bowling game!



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

**September 11, 2001**



*In eternal remembrance of the victims,  
in continued support of their families,  
and in undying gratitude to the heroes.*



**HAPPY  
★ LABOR ★  
DAY!**

**NO SCHOOL  
MONDAY,  
SEPTEMBER 5**

**Monday, August 22**

Chicken Nuggets  
or  
Egg Roll both with  
Rice

Steamed Broccoli  
Applesauce  
Fruitable  
Milk

**Tuesday, August 23**

BB-Q Pork Ribwich  
Or  
Corn Dog

Mixed Fruit  
Cross Cut Sweet  
Potato Fries  
Pineapple  
Milk

**Wed. August 24**

Chicken Taquitos  
Or Chicken Fajita  
Quesadilla

Refried Beans  
Fresh Apple  
Fresh Baby Carrots  
with Ranch  
Milk

**Thursday, August 25**

Chicken Fried Beef  
Sticks with Roll  
Or  
Cheeseburger

Mashed Potato  
Gravy  
Winter Mix  
Diced Peaches  
Milk

**Friday, August 26**

Pizza  
Or Popcorn  
Chicken

Corn  
Fresh Apple  
Diced Pears  
Snicker Doodle  
Cookie  
Milk

**Monday, August 29**

Corn Dog  
or BB-Q Pork  
Ribwich  
Baked Beans  
Cross Cut Sweet  
Potato Fries  
Applesauce  
Apple Juice  
Waffle Grahams  
Milk

**Tuesday, August 30**

Cheese Burger  
Or  
Popcorn Chicken  
  
Crinkle Cut Fries  
Green Beans  
Banana  
Milk

**Wed. August 31**

Teriyaki Chicken  
or Chicken Fried  
Beef Sticks both  
with Rice  
Fresh Broccoli  
w/ Ranch  
Mandarin Orange  
Apple Juice  
Goldfish Pretzel  
Milk

**Thurs. September 1**

Beef -n- Bean  
Taco  
or  
Pizza Stick  
  
Spinach Salad  
Dice Pears  
Orange Juice  
Milk

**Friday, September 2**

Breaded Chicken  
Sandwich  
or  
Pretzel with  
Cheese  
Corn  
Diced Peaches  
Strawberry Cup  
Milk

**Tues. September 6**

Shredded BB-Q  
Pork Sandwich  
Or  
Chicken Nuggets

KK Fries  
Baked Beans  
Diced Pears  
Milk

**Wed. September 7**

French Toast with  
Sausage  
or  
Ham -n- Cheese  
Hoagie

Tater Tots  
Strawberry Cup  
Apple Juice  
Milk

**Thurs. September 8**

Sloppy Joe  
or  
Pizza Stick

Spinach Salad w/  
Garlic Toast  
Fresh Oranges  
Apple Juice  
Milk

**Friday, September 9**

Baja Fish Sticks  
Or  
Corn Dog

Fresh Broccoli  
& Fresh Baby  
Carrots  
Goldfish Pretzels  
Triple Berry Blend  
Milk

# Still the best deal in town!

Lunch **\$3.35**

Get in touch with us today to learn more about free and reduced-price meals in our district:  
907-714-8830



In most parts of the country, it's never easier to fill up your plate with local produce than the warm, golden days of late summer. How much of your plate can you fill with delicious and fresh local fruits and veggies?



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)

**Mon. September 12**

Pretzel with Cheese  
or  
Ham-n-Cheese Hoagie  
Green Beans  
Fresh Apple  
Orange Juice  
Bunny Grahams  
Milk

**Tues. September 13**

Fiesta Bowl With Tortilla  
Or  
Chicken Taquitos  
  
Diced Peaches  
Refried Beans  
Apple Juice  
Milk

**Wed. September 14**

Egg Roll or Honey BB-q Pork Nuggets w/Roll both with Fried Rice  
Fresh Broccoli w/ Hummus Dip  
Pineapple Applesauce  
Milk

**Thurs. September 15**

Vegetarian Chili Or Popcorn Chicken both with Garlic Toast  
  
Romaine Salad  
Banana  
Apple Juice  
Milk

**Friday, September 16**

Corn Dog or Chicken Nuggets  
  
Corn Mixed Fruit  
Fresh Carrots w/ Ranch  
Waffle Graham  
Milk

**Mon. September 19**

Chicken Nuggets or Egg Roll both w/ Rice  
  
Steamed Broccoli  
Applesauce  
Fruitables  
Milk

**Tues. September 20**

BB-Q Pork Ribwich Or Corn Dog  
  
Cross Cut Sweet Potato Fries  
Mixed Fruit  
Pineapple  
Green Bean  
Milk

**Wed. September 21**

Chicken Taquitos Or Chicken Fajita Quesadilla  
  
Refried Beans  
Fresh Baby Carrots with Ranch  
Fresh Apple  
Fruitables  
Milk

**Thurs. September 22**

Chicken Fried Beef Sticks w/ Roll or Cheese Burger  
  
Mashed Potato w /Gravy  
Winter Mix  
Diced Peaches  
Milk

**Friday, September 23**

Pizza Or Popcorn Chicken  
  
Corn  
Fresh Apple  
Diced Pears  
Snicker Doodle  
Cookie  
Milk

**Mon. September 26**

Corn Dog or B-Q Pork Ribwich  
  
Baked Beans  
Cross Cut Sweet Potato Fries  
Applesauce  
Apple Juice  
Waffle Graham  
Milk

**Tues. September 27**

Cheese Burger Or Popcorn Chicken  
  
Crinkle Cut Fries  
Green Beans  
Banana  
Milk

**Wed., September 28**

Teriyaki Chicken Strips or Chicken Fried Beef Sticks both with Rice  
Fresh Broccoli w/ Ranch  
Mandarin Orange  
Apple Juice  
Goldfish Pretzel  
Milk

**Thurs. September 29**

Beef -n- Bean Taco or Pizza Stick  
  
Romaine Salad  
Dice Pears  
Orange Juice  
Milk

**Friday, September 30**

Breaded Chicken Sandwich or Pretzel with Cheese  
  
Corn  
Diced Peaches  
Strawberry Cup  
Milk