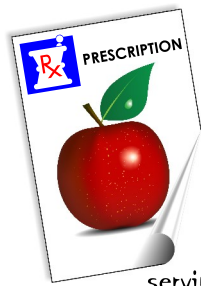


Menus for October 2016



Kenai Peninsula Borough School District K-6

This institution is an equal opportunity provider.



JUST WHAT THE DOCTOR ORDERED.

Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

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



**JOIN US FOR NATIONAL
SCHOOL LUNCH WEEK
OCTOBER 10-14, 2016**

STRANGE BUT TRUE!

HORSESHOE CRABS HAVE EXISTED FOR 450 MILLION YEARS AND

ARE CONSIDERED TO BE **LIVING FOSSILS!** THEY AREN'T REALLY CRABS, OR EVEN CRUSTACEANS – THEY'RE RELATED TO **SPIDERS!**

HORSESHOE CRABS HAVE BEEN OVERFISHED FOR USE AS BAIT AND FERTILIZER, BUT THEY MIGHT BE MISSED: TURNS OUT THAT AT LEAST ONE SPECIES OF ENDANGERED MIGRATING SHORE BIRD TIMES ITS TRIP TO **EXACTLY** WHEN THE HORSESHOE CRABS' NUTRIENT-RICH EGGS ARE AVAILABLE TO FUEL ITS LONG-DISTANCE FLIGHT. NO CRABS, NO EGGS, **NO BIRDS.** AND, **OH YEAH,** IT ALSO TURNS OUT THE CRABS' **BLUE BLOOD** CONTAINS A SUBSTANCE THAT IS INCREDIBLY USEFUL IN MEDICAL APPLICATIONS FOR US HUMANS, TOO. **MIGHT BE GOOD** IF THEY STUCK AROUND AWHILE!



Monday, October 3

Pork Nuggets with
WG Rice

Fresh Apple
Green Beans
Mixed Fruit
Snicker Doodle
Cookie
Milk

Tuesday, October 4

BB-Q Pulled Pork
Sandwich

Jo-Jo's
Fresh Pear
Baked Beans
Milk

Wednesday, Oct. 5

French Toast
with Sausage

Tater Tots
Strawberry Cup
Apple Juice
Milk

Thursday, October 6

Manwich Sloppy
Joe

Spinach Salad
Fresh Oranges
Apple Juice
Milk

Friday, October 7

Baja Fish Sticks

Fresh Broccoli
Baby Carrots with
Hummus Dip
Triple Berry Blend
Goldfish Pretzel
Milk

Monday, October 10

Pretzel with
Cheese

Green Beans
Fresh Apple
Orange Juice
Bunny Grahams
Milk

Tuesday, October 11

Fiesta Bowl with
Tortilla and
Salsa

Diced Peaches
Refried Beans
Apple Juice
Milk

Wednesday, Oct. 12

Egg Roll
With Fried Rice

Fresh Broccoli
Hummus Dip
Pineapple Chunks
Applesauce
Milk

Thursday, October 13

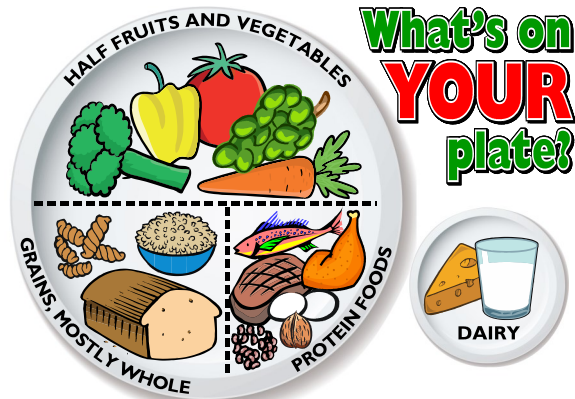
Vegetarian Chili
with Garlic Toast

Romaine Salad
with Dressing
Banana
Apple Juice
Milk

Friday, October 14

Corn Dog

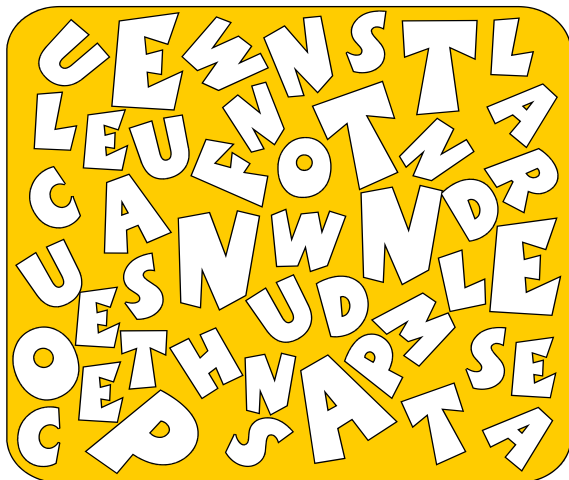
Corn
Mixed Fruit
Baby Carrots
Waffle Graham
Milk



What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut Pecan Almond
Chestnut Sunflower Seeds



ANSWER: _____

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

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

Monday, October 17

Chicken Nuggets
With Rice

Steamed Broccoli
Applesauce
Orange Juice
Milk

Tuesday, October 18

BB-Q Pork Hoagie

Lattice Cut
Sweet Potato
Green Beans
Mixed Fruit
Pineapple Chunks
Milk

Wednesday, Oct. 19

Chicken Taquitos
With Salsa

Refried Beans
Baby Carrots
with Ranch
Fresh Apple
Milk

Thursday, Oct. 20

Chicken Fried Beef
Fingers with Roll

Mashed Potatoes
Gravy
Winter Mix
Diced Peaches
Milk

Friday, October 21

NO

School

Inservice

Monday, October 24

Corn Dog

Baked Beans
Lattice Cut Sweet
Potatoes
Apple Juice
Milk

Tuesday, October 25

Cheese Burger

KK Fries
Green Beans
Banana
Milk

Wednesday, Oct. 26

Teriyaki Chicken
with Rice

Fresh Broccoli
With Ranch
Mandarin
Oranges
Applesauce
Milk

Thursday, October 27

NO

School

Conferences

Friday, October 28

NO

School

Conferences

Monday, October 31


Honey BB-Q Pork
Nuggets with
Rice

Green Beans
Fresh Apple
Mixed Fruit
Snickers Doodle
Cookie
Milk

OUR NATION'S HISTORY



This year, the United States National Park Service turns 100 years old. Two years later, Yellowstone became our first official national park when the Army turned management of the park over to the new National Park Service in October 1918. The poster to the right is an ad from the 1920's for railroad trips to Yellowstone to see the new park's amazing geysers and plentiful wildlife. In 2015, over 4 million people visited Yellowstone and, for the first time, visitors to all 400+ Park Service sites topped 300 million!



WITH LIBERTY & JUSTICE FOR ALL