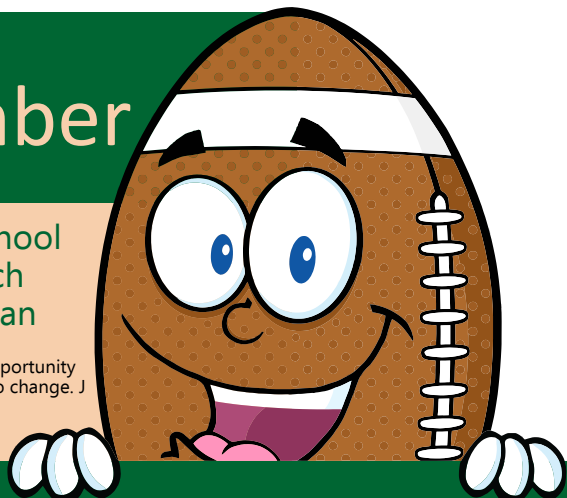


# Menus For November

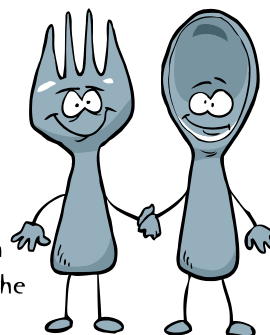
Kenai Penn. School District. Lunch  
K-12/ Chapman

This institution is an equal opportunity provider. Menus are subject to change. J



## THE FAMILY THAT EATS TOGETHER.

Family meals don't just improve kids' nutrition – eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.



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

## PARENTS:

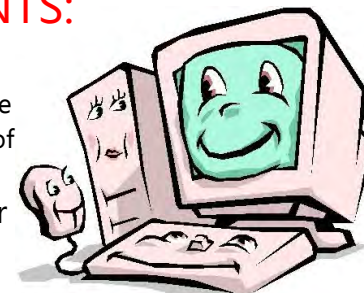
For your convenience and peace of mind, you can pay for meals online at

<https://kpbsd.revtrak.net/tek9.asp>

or call

907-714-8832

for more information.



**Election Day**  
**is Nov. 8**

**Everyone**  
**over 18 should**  
**get out and**  
**VOTE!**

**Tuesday, Nov. 1**

BB-Q Pulled Pork  
Sandwich

Jo-Jo's  
Fresh Pear  
Baked Beans  
Milk

**Wednesday, Nov. 2**

French Toast  
with  
Sausage

Tater Tots  
Strawberry Cup  
Apple Juice  
Milk

**Thursday, Nov.3**

Spaghetti and  
Meat Sauce

Spinach Salad  
Garlic Toast  
Fresh Oranges  
Apple Juice  
Milk

**Friday, November 4**

Baja Fish  
Sticks

Fresh Broccoli  
Baby Carrots with  
Hummus Dip  
Peach Cubes  
Goldfish Pretzel  
Milk

**Monday, Nov. 7**

Popcorn Chicken  
with Roll

Green Beans  
Fresh Apple  
Orange Juice  
Milk

**Tuesday, Nov. 8**

Fiesta Bowl with  
Tortilla  
and  
Salsa

Diced Peaches  
Refried Beans  
Apple Juice  
Milk

**Wednesday, Nov. 9**

Egg Roll  
with  
Fried Rice

Fresh Broccoli  
Hummus Dip  
Pineapple Chunks  
Applesauce  
Milk

**Thursday, Nov.10**

Vegetarian Chili  
with  
Garlic Toast

Romaine Salad  
with Dressing  
Banana  
Apple Juice  
Milk

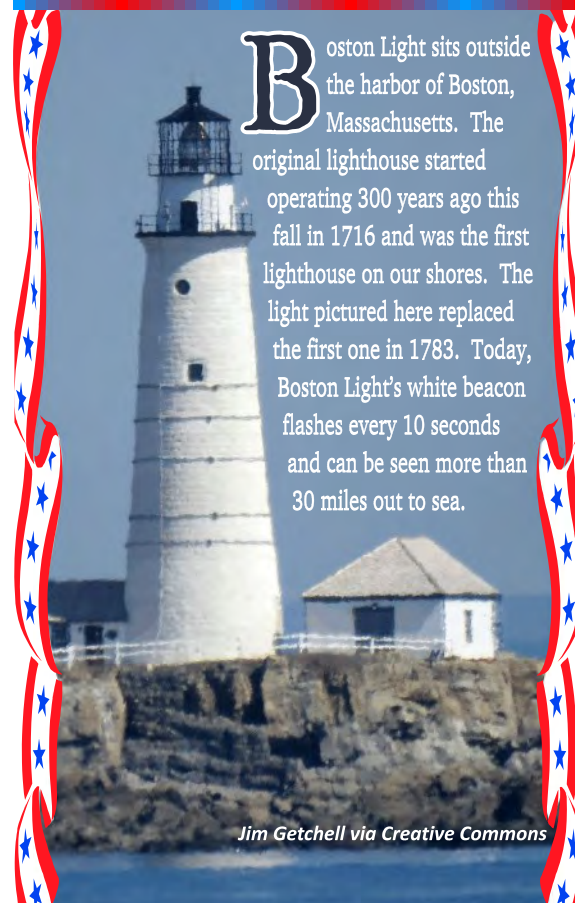
**Friday, Nov. 11**

Corn Dog

Corn  
Mixed Fruit  
Baby Carrots  
Waffle Graham  
Milk


## ★ OUR NATION'S HISTORY ★

**B**oston Light sits outside the harbor of Boston, Massachusetts. The original lighthouse started operating 300 years ago this fall in 1716 and was the first lighthouse on our shores. The light pictured here replaced the first one in 1783. Today, Boston Light's white beacon flashes every 10 seconds and can be seen more than 30 miles out to sea.



*Jim Getchell via Creative Commons*

★ **WITH LIBERTY & JUSTICE FOR ALL** ★

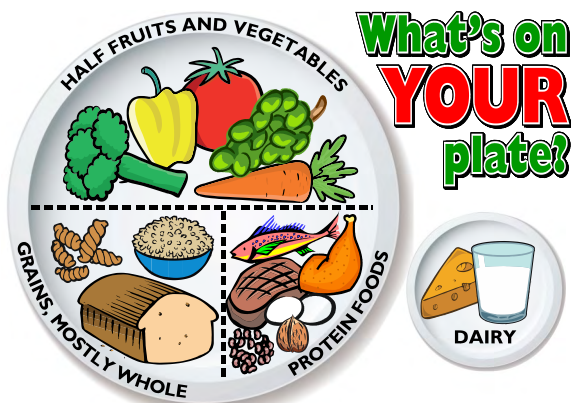


# Still the Best Deal in Town

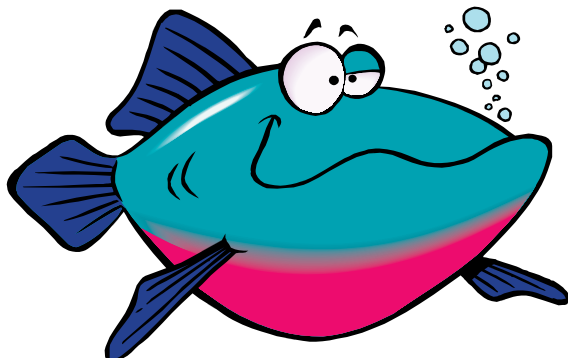
Breakfast	Lunch
\$1.75	K-6 \$2.85 7-12 \$3.35

We provide free and reduced-price meals (NO charge for breakfast, \$.40 for lunch) for eligible students.

Monday, Nov. 14	Tuesday, Nov. 15	Wednesday, Nov. 16	Thursday, Nov. 17	Friday, Nov. 18
Chicken Nuggets with Rice	BB-Q Pork Hoagie	Chicken Taquitos with Salsa	Chicken Fried Beef Fingers with Roll	Pizza
Steamed Broccoli Applesauce Orange Juice Milk	Lattice Cut Sweet Potato Green Beans Mixed Fruit Pineapple Chunks Milk	Refried Beans Baby Carrots with Ranch Fresh Apple Milk	Mashed Potatoes Gravy Winter Mix Diced Peaches Milk	Fresh Apple Diced Pears Snicker Doodle Cookie Milk



## Eat more fish!



Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

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

Monday, Nov. 21	Tuesday, Nov. 22	Wednesday, Nov. 23
Corn Dog	Cheese Burger with lettuce and tomato	Sweet N Sour Chicken with Rice
Baked Beans Lattice Cut Sweet Potatoes Apple Juice Milk	KK Fries Green Beans Banana Milk	Fresh Broccoli With Ranch Mandarin Oranges Applesauce Milk

Monday, Nov. 28	Tuesday, Nov. 29	Wednesday, Nov. 30
Pork Nuggets with Rice Green Beans Fresh Apple Mixed Fruit Snicker Doodle Cookie Milk	BB-Q Pulled Pork Sandwich  Jo-Jo's Fresh Pear Baked Beans Milk	French Toast with Sausage  Tater Tots Strawberry Cup Apple Juice Milk

## Happy Thanksgiving!

See you Monday! (Some of you, anyway!)

