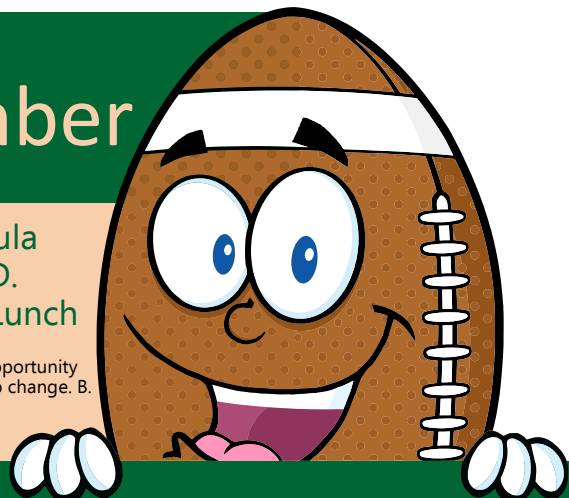


# Menus For November

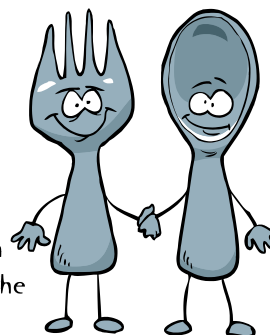
Kenai Peninsula  
Borough S.D.  
Middle School Lunch

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



## 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:

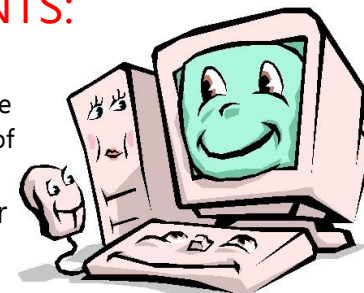
For your convenience and peace of mind, you can pay for meals online at

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

or call

907-714-8832

for more information.



## Election Day is November

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

**Tuesday, Nov. 1**

BB-Q Pulled Pork Sandwich  
or  
Chicken Nuggets With Roll  
Jo-Jo's  
Fresh Pear  
Baked Beans  
Milk

**Wednesday, Nov. 2**

French Toast with Sausage  
Or  
Ham N Cheese Hoagie  
  
Tater Tots  
Strawberry Cup  
Apple Juice  
Milk

**Thursday, Nov.3**

Spaghetti and Meat Sauce  
or  
Pizza Stick  
  
Spinach Salad  
Garlic Toast  
Fresh Oranges  
Apple Juice  
Milk

**Friday, November 4**

Baja Fish Sticks  
Or  
Corn Dogs  
  
Fresh Broccoli  
Baby Carrots with Hummus Dip  
Peach Cubes  
Goldfish Pretzel  
Milk

**Monday, Nov. 7**

Popcorn Chicken with Roll  
or  
Ham N Cheese Hoagie  
Green Beans  
Fresh Apple  
Fruitable  
Milk

**Tuesday, Nov. 8**

Fiesta Bowl with Tortilla  
or  
Chicken Taquitos and Salsa  
Diced Peaches  
Refried Beans  
Apple Juice  
Milk

**Wednesday, Nov. 9**

Egg Roll with Nuggets  
or Honey BB-Q Pork Nuggets with Roll  
Fried Rice  
Fresh Broccoli  
Hummus Dip  
Pineapple Chunks  
Applesauce  
Milk

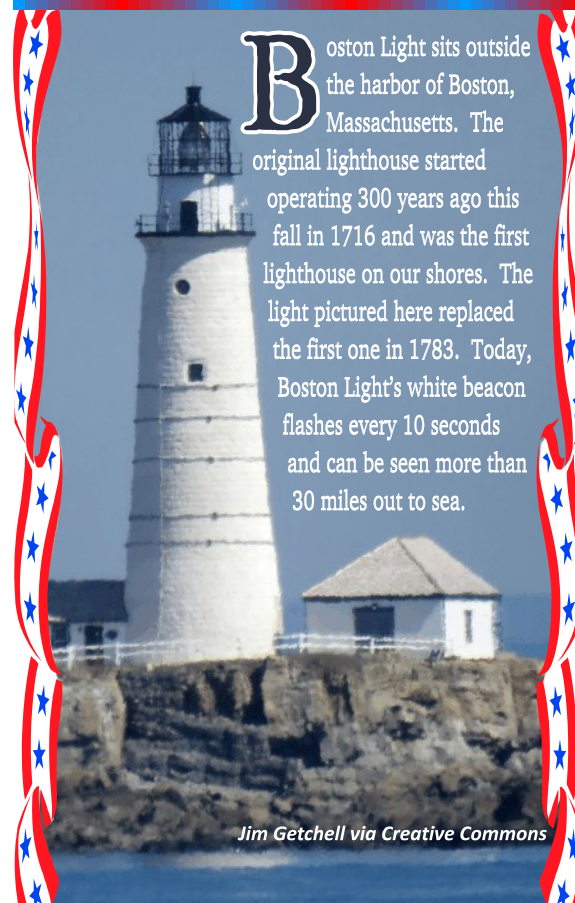
**Thursday, Nov.10**

Vegetarian Chili  
or  
Popcorn Chicken Both with Garlic Toast  
Romaine Salad with Dressing  
Banana  
Apple Juice  
Milk

**Friday, Nov. 11**

Corn Dog  
Or  
Chicken Nuggets  
  
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** ★

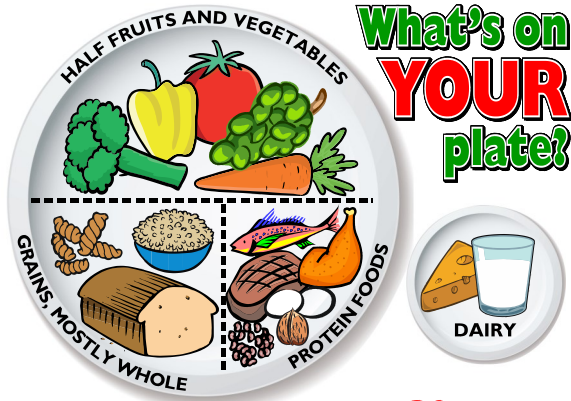
**Still the Best Deal in Town**

**Breakfast**      **Lunch**

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

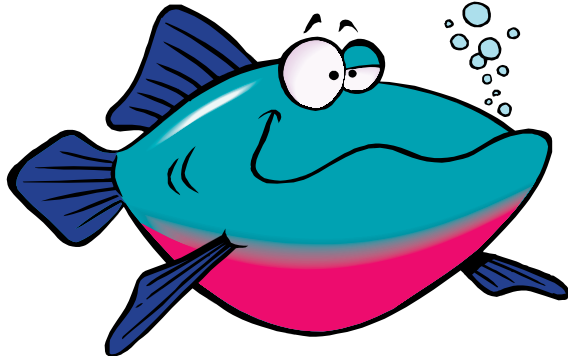
We provide free and reduced-price meals (no charge for breakfast, \$.40 for lunch) for eligible students.

Monday, Nov. 14	Tuesday, Nov. 15	Wednesday, Nov. 16	Thursday, Nov. 17	Friday, Nov. 18
Chicken Nuggets Or Egg Roll with Nuggets both with Rice	BB-Q Pork Hoagie Or Corn Dog	Chicken Taquitos Or Chicken Quesadilla both with Salsa	Chicken Fried Beef Fingers with Roll Or Cheese Burger	Pizza or Corn Dog
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 Snickers Doodle Cookie Milk



**What's on YOUR plate?**

**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 or BB-Q Pork Hoagie	Cheese Burger Or Popcorn Chicken	Sweet N Sour Chicken or Chicken Fried Beef Fingers both with Rice Fresh Broccoli With Ranch Mandarin Oranges Applesauce Milk
Baked Beans Lattice Cut Sweet Potatoes Apple Juice Milk	KK Fries Green Beans Banana Milk	

Monday, Nov. 28	Tuesday, Nov. 29	Wednesday, Nov. 30
Honey BB-Q Pork Nuggets Or Popcorn Chicken both with Rice Green Beans Fresh Apple Mixed Fruit Snickers Doodle Cookie	BB-Q Pulled Pork Sandwich or Chicken Nuggets With roll Jo-Jo's Fresh Pear Baked Beans Milk	French Toast with Sausage Or Ham N Cheese Hoagie  Tater Tots Strawberry Cup Apple Juice Milk

