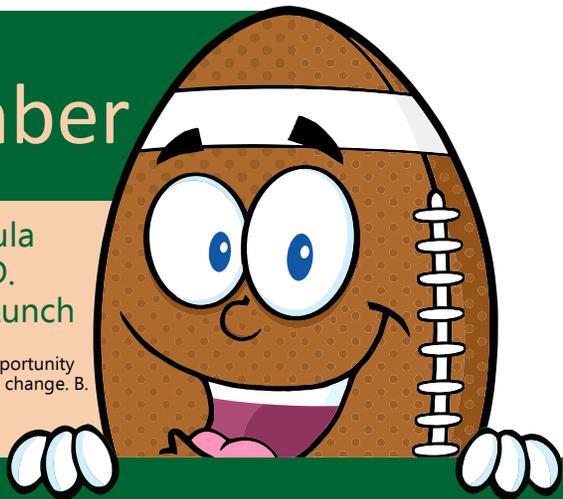


Menus For November

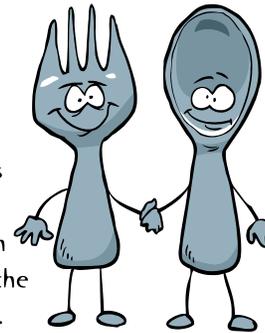
Kenai Peninsula Borough S.D.
Middle School Lunch

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:

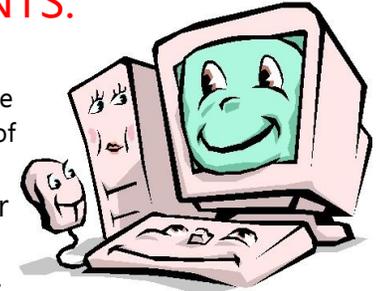
For your convenience and peace of mind, you can pay for meals online at

<https://kpbpsd.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

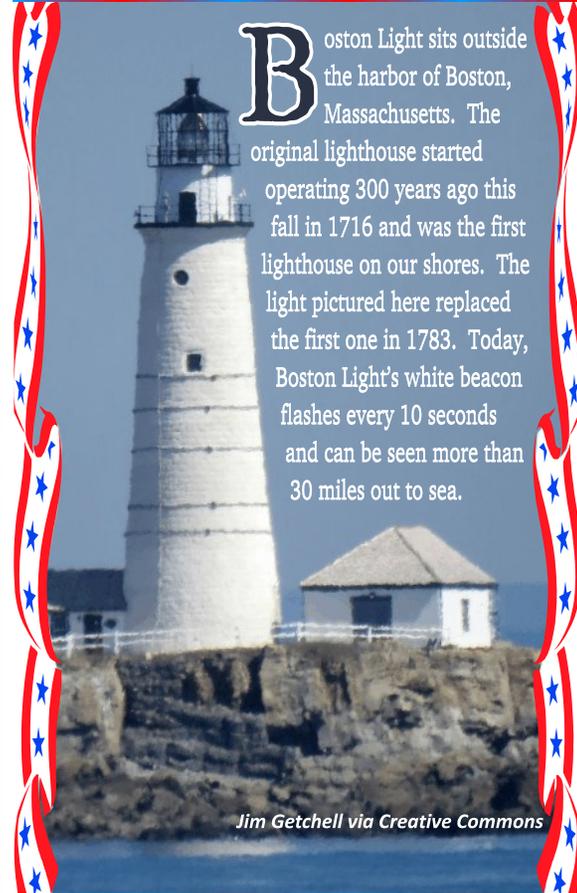
Vegetarian Chili
or
Popcorn Chicken Both with Garlic
Toast
Romaine Salad with Dressing
Banana
Apple Juice
Milk

Friday, Nov. 11

Corn Dog
Or
Chicken Nuggets

Corn
Mixed Fruit
Baby Carrots
Waffle Graham
Milk

★ OUR NATION'S HISTORY ★



Boston 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

Chicken Nuggets
Or
Egg Roll with
Nuggets both with
Rice

Steamed Broccoli
Applesauce
Orange Juice
Milk

Tuesday, Nov. 15

BB-Q Pork Hoagie
Or
Corn Dog

Lattice Cut
Sweet Potato
Green Beans
Mixed Fruit
Pineapple Chunks
Milk

Wednesday, Nov. 16

Chicken Taquitos
Or Chicken
Quesadilla both
with Salsa

Refried Beans
Baby Carrots
with Ranch
Fresh Apple
Milk

Thursday, Nov. 17

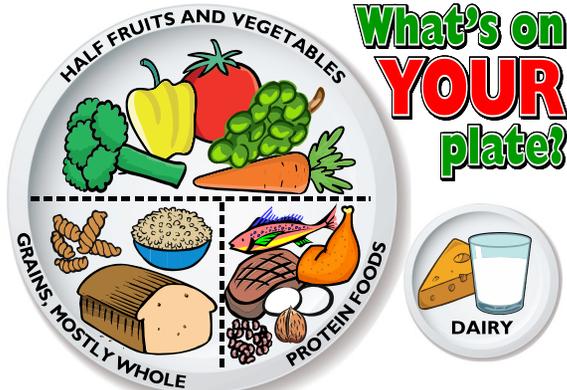
Chicken Fried Beef
Fingers with Roll
Or
Cheese Burger

Mashed Potatoes
Gravy
Winter Mix
Diced Peaches
Milk

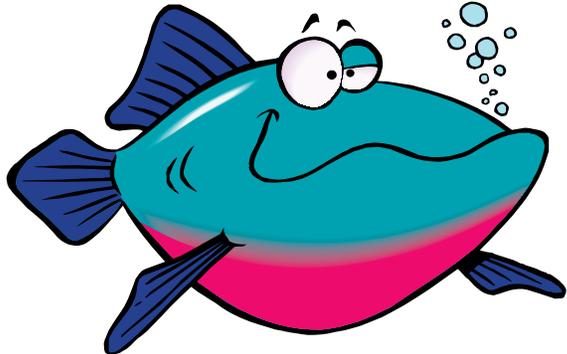
Friday, Nov. 18

Pizza
or
Corn Dog

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

Corn Dog
or
BB-Q Pork Hoagie

Baked Beans
Lattice Cut Sweet
Potatoes
Apple Juice
Milk

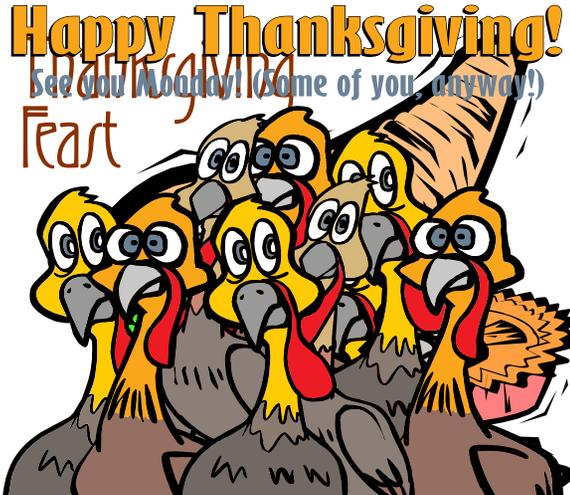
Tuesday, Nov. 22

Cheese Burger
Or
Popcorn Chicken

KK Fries
Green Beans
Banana
Milk

Wednesday, Nov. 23

Sweet N Sour
Chicken or
Chicken Fried Beef
Fingers
both with Rice
Fresh Broccoli
With Ranch
Mandarin
Oranges
Applesauce
Milk



Monday, Nov. 28

Honey BB-Q Pork
Nuggets
Or Popcorn
Chicken both with
Rice
Green Beans
Fresh Apple
Mixed Fruit
Snicker Doodle
Cookie

Tuesday, Nov. 29

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

Wednesday, Nov. 30

French Toast
with Sausage
Or
Ham N Cheese
Hoagie

Tater Tots
Strawberry Cup
Apple Juice
Milk

