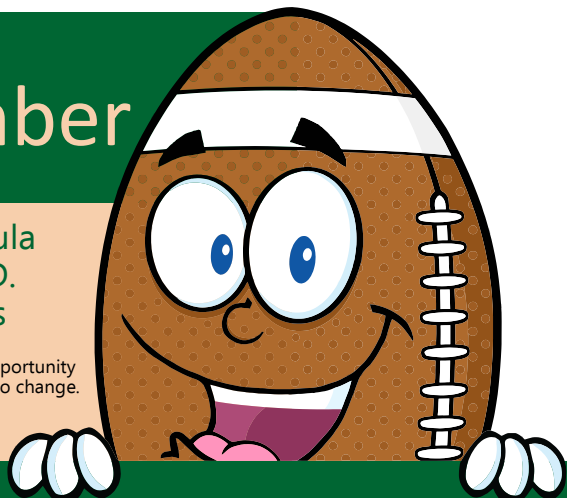


# Menus For November

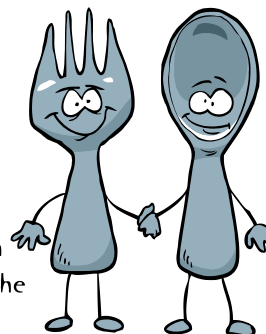
Kenai Peninsula  
Borough S.D.  
Moose Pass

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



## 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:

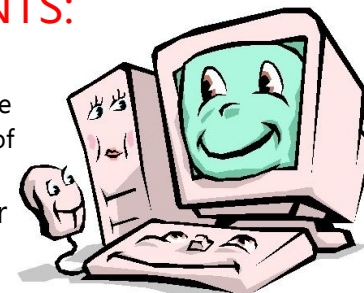
For your convenience and peace of mind, you can pay for meals online at

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

or call

907-714-8832

for more information.



**Election Day  
is November 8**

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

**Tuesday, Nov. 1**

BB-Q Pork Ribwich

Cross Cut Sweet  
Potato Fries  
Mixed Fruit  
Pineapple  
Celery Sticks  
Milk

**Wednesday, Nov. 2**

Chicken Taquitos

Refried Beans  
Fresh Baby Carrots  
with Ranch  
Fresh Orange  
Milk

**Thursday, Nov.3**

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

**Friday, November 4**

Pizza

Corn  
Fresh Apple  
Snicker Doodle  
Cookie  
Milk

**Monday, Nov. 7**

Corn Dog  
Baked Beans  
Lattice Cut  
Sweet Potato Fries  
Applesauce  
Apple Juice  
Milk

**Tuesday, Nov. 8**

Cheese Burger  
KK Fries  
Green Beans  
Banana  
Milk

**Wednesday, Nov. 9**

Chicken Drummies  
With Rice  
Steamed Broccoli  
Mandarin Oranges  
Apple Juice  
Milk

**Thursday, Nov.10**

French Toast with  
Sausage  
Tater Tots  
Strawberry Cups  
Pears  
Milk

**Friday, Nov. 11**

Breaded Chicken  
Sandwich  
Corn  
Diced Peaches  
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** ★

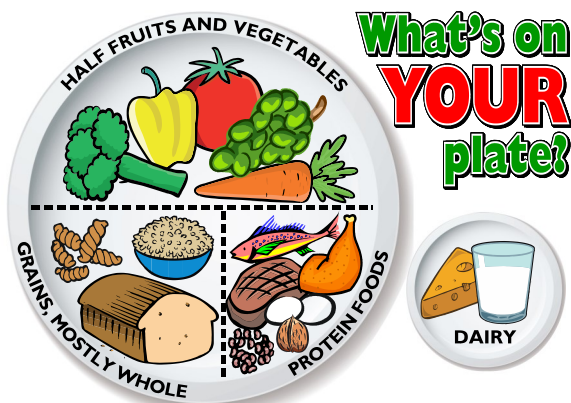


# Still the Best Deal in Town

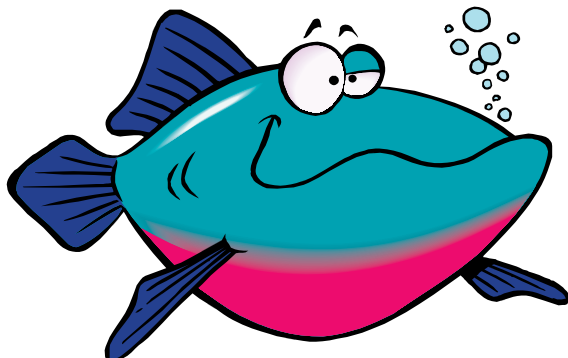
Breakfast	Lunch
\$1.75	K-6 \$2.85 7-12 \$3.35

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 Celery Pineapple Chunks Milk	Refried Beans Baby Carrots with Ranch Fresh Orange Milk	Mashed Potatoes Gravy Winter Mix Diced Peaches Mixed Fruit Milk	Corn 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	Chicken Drumsticks With Rice Fresh Broccoli With Ranch Mandarin Oranges Applesauce Milk
Baked Beans Lattice Cut Sweet Potatoes Applesauce Apple Juice Milk	KK Fries Green Beans Banana Milk	

Monday, Nov. 28	Tuesday, Nov. 29	Wednesday, Nov. 30
Chicken Nuggets with Rice	BB-Q Pork Hoagie	Chicken Taquitos with Salsa
Steamed Broccoli Applesauce Orange Juice Milk	Lattice Cut Sweet Potato Green Beans Mixed Fruit Celery Pineapple Chunks Milk	Refried Beans Baby Carrots with Ranch Fresh Orange Milk

## Happy Thanksgiving!

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

