



Menus for December 2016

Kenai Peninsula Borough School Dist. K-12/ Chapman
This institution is an equal opportunity provider. Menus are subject to change.

GERM WARFARE.



The folks who work in your school restaurant wash their hands all the time! And YOU should wash your hands anytime you think they might be dirty. It's one of the easiest ways to fight germs and stay healthy!

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

Thursday, Dec. 1

Spaghetti w/ meat Sauce

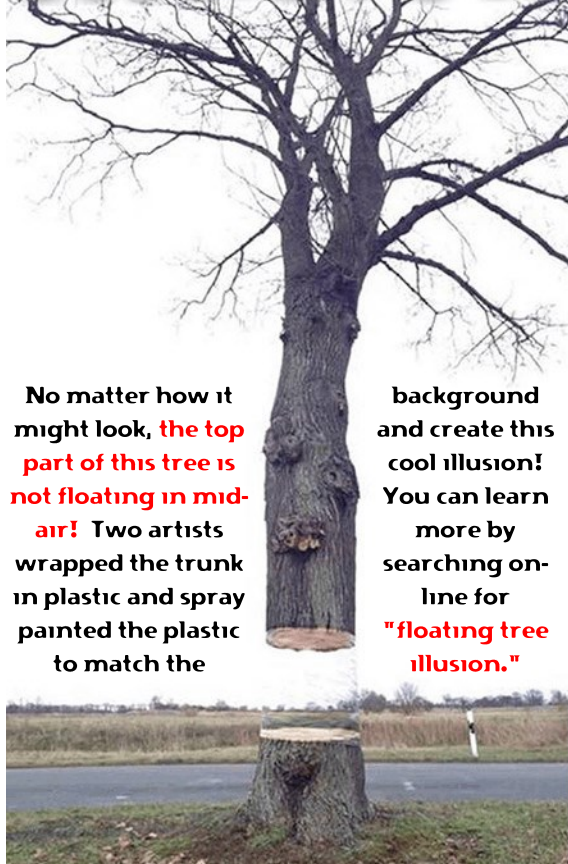
Garlic Toast
Spinach Salad w/ Salad Dressing
Fresh Orange
Apple Juice
Milk

Friday, December 2

Baja Fish Sticks

Fresh Broccoli
Baby Carrots w/ Hummus
Peach Cubes
Goldfish Pretzel
Milk

Only an Illusion



No matter how it might look, the top part of this tree is not floating in mid-air! Two artists wrapped the trunk in plastic and spray painted the plastic to match the

background and create this cool illusion! You can learn more by searching on-line for "floating tree illusion."

Monday, December 5

Popcorn Chicken

Dinner Roll
Green Beans
Fresh Apple
Orange Juice
Milk

Tuesday, December 6

Fiesta Bowl w/ Tortilla and Salsa

Refried Beans
Diced Peaches
Apple Juice
Milk

Wednesday, Dec. 7

Egg Roll with Fried Rice

Fresh Broccoli w/ Hummus Dip
Pineapple
Applesauce
Milk

Thursday, Dec. 8

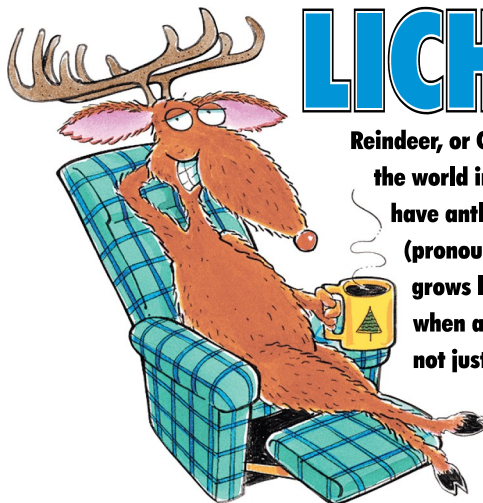
Vegetarian Chili With Garlic Toast

Romaine Salad w/ Dressing
Banana
Apple Juice
Milk

Friday, December 9

Corn Dog

Corn
Mixed Fruit
Baby Carrots w/ Ranch
Waffle Graham
Cracker
Milk



LICHEN LIFE

Reindeer, or Caribou, are the only deer species in the world in which both the males and females have antlers. Reindeer eat a lot of lichen (pronounced "like-en"), a moss-like plant that grows low to the ground in Arctic regions. So when a reindeer's munching some moss, he's not just lovin' life -- he's "lichen" it, too!

ANIMAL APPETITES



Baked Beans may seem a little old-fashioned these days, but they're convenient, tasty, and a nutritional powerhouse. One half-cup delivers 7 grams of fiber – that's about 30% of the Recommended Daily Allowance – along with good amounts of iron and other vitamins and minerals. And they're super-low in saturated fat and cholesterol, too!



6-Sep

20-Sep

5 Menu Days

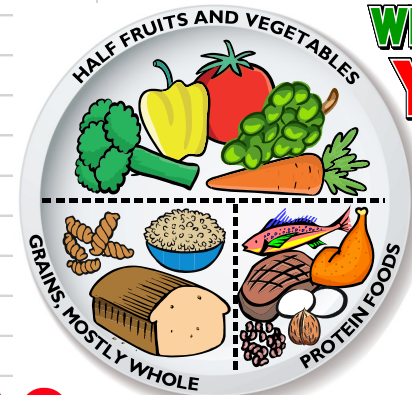
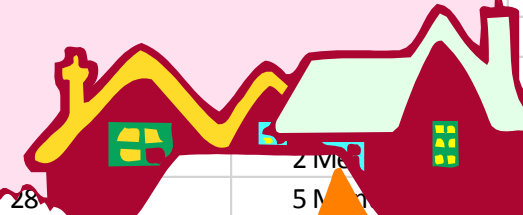
STRANGE BUT TRUE!

EARLIER THIS YEAR, A CLOUD SHAPED EXACTLY LIKE WINNIE-THE-POOH WAS REPORTED OVER A CHILDRENS' CHARITY EVENT IN ENGLAND!



We wish you & your family a warm & happy holiday season!

From All the Kitchen Staff



What's on
YOUR
plate?



Q: What happened in the race between lettuce and tomato?

Monday, Dec. 12

Chicken Nuggets
w/ Rice

Steamed Broccoli
Applesauce
Orange Juice
Milk

Tuesday, Dec. 13

BB-Q Pork Hoagie

Mixed Fruit
Lattice Cut Sweet
Potatoes
Pineapple
Green Beans
Milk

Wednesday, Dec. 14

Chicken Taquitos
w/ Salsa

Refried Beans
Fresh Apples
Baby Carrots
w/Ranch
Milk

Thursday, Dec. 15

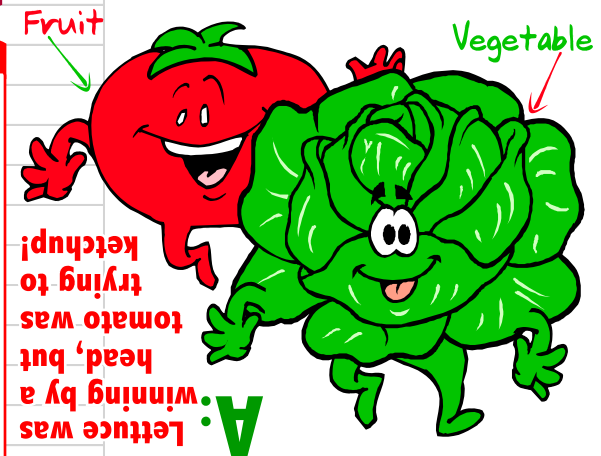
Chicken Fried Beef
Fingers
w/ Dinner Roll

Mashed Potato
With Gravy
Winter Mix
Diced Peaches
Milk

Friday, Dec. 16

Pizza

Corn
Fresh Apple
Diced Pears
Choc. Chip Cookie
Milk



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

Monday, Dec. 19

Corn Dog

Baked Beans
Lattice Cut Sweet
Potato
Mixed Fruit
Applesauce
Milk

Tuesday, Dec. 20

Cheeseburger
w/ lettuce &
tomato

KK Fries
Green Beans
Banana
Milk

Wednesday, Dec. 21

Sweet N Sour
Chicken
w/ Rice
Fresh Broccoli
w/ Ranch
Applesauce
Mandarin Oranges
Milk

Thursday, Dec. 22

INSERVICE

NO

SCHOOL

5 Menu Days

Menu Days

5 Menu Days

5 Menu Days

5 Menu Days

5 Menu Days

5 Menu Days

5 Menu Days

5 Menu Days

5 Menu Days

5 Menu Days

5 Menu Days

5 Menu Days

5 Menu Days

5 Menu Days

ENJOY YOUR BREAK!

Last day of school:
Thurs., December 21

Classes resume:
Mon., January 9



SEE YOU IN 2017!

