

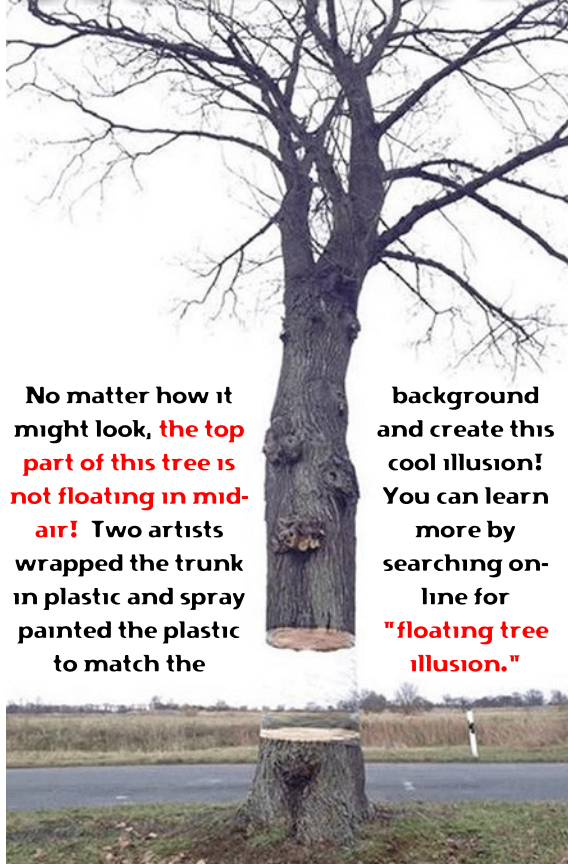


# Menus for December 2016

Kenai Peninsula Borough School Dist. K-12/ Chapman

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

## 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."**

## 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

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

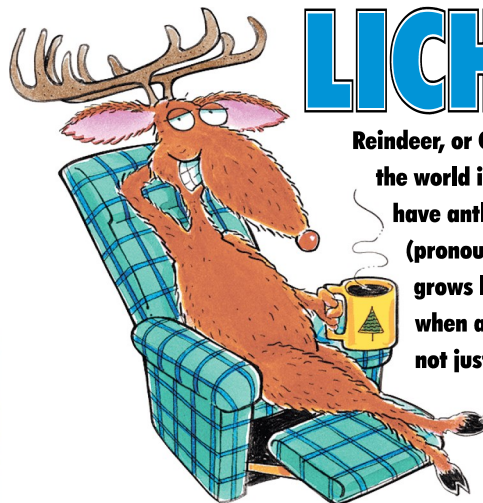
Vegetarian Chili With Garlic Toast

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!



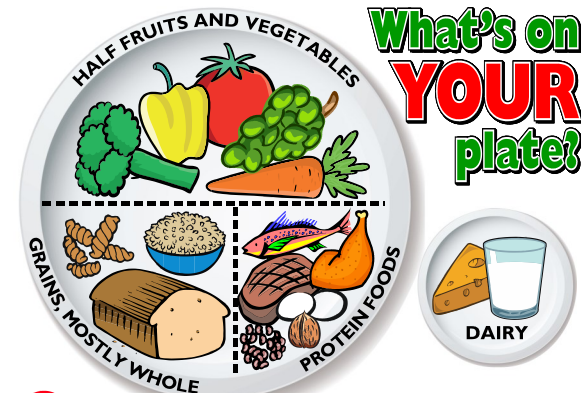
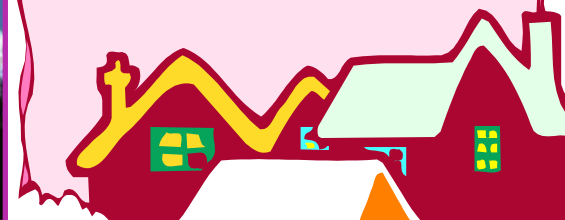
# STRANGE BUT TRUE!

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



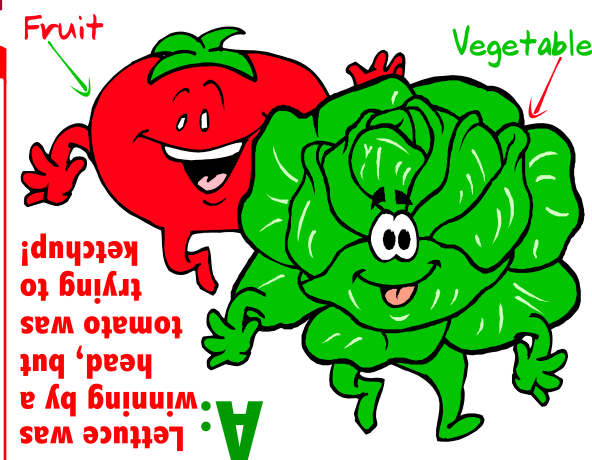
We wish you & your family a warm & happy holiday season!

From All your Kitchen Staff



What's on YOUR plate?

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



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

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

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

ENJOY YOUR BREAK!



Last day of school:  
Thurs., December 21

Classes resume:  
Tues., January 9

SEE YOU IN 2017!

