

# Menus for March 2017

## KPBSD Elementary Lunch Menu

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



## NUTRITION TO GO

Here's the bottom line: the best way to cook vegetables is whatever way that makes you want to eat more of them! But as much as 25% or more of Vitamin C and the B vitamins may be lost when veggies are boiled. To keep more of the vitamins, cook veggies by grilling, steaming, microwaving with just a little water, or stir-frying with a bit of healthy oil.

A TASTY MORSEL FOR PARENTS

## OFF THE GRIDDLE.

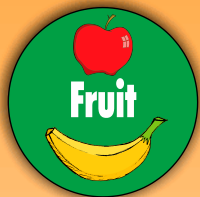
Eating a healthy breakfast is SO important, we shouldn't let traditional thinking stop us from eating a morning meal. Don't like eggs or juice or bananas or bacon? Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!



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

## First things First

To make a breakfast,  
choose at least one



or



and at  
least  
three  
items  
total



Kenai Peninsula Borough SD



### Wednesday, March 1

Egg Roll

Fried Rice  
Fresh Broccoli  
Hummus Dip  
Pineapple  
Milk

### Thursday, March 2

Vegetarian Chili  
with Pretzel

Romaine Salad  
Dressing  
Banana  
Milk

### Friday, March 3

Ravioli

Garlic Toast  
Corn  
Mixed Fruit  
Baby Carrots  
Milk

### Monday, March 6

Chicken Nuggets

Rice  
Steamed Broccoli  
Fresh Apple  
Milk

### Tuesday, March 7

BB-Q Pork Hoagie

Lattice Cut Sweet  
Potatoes  
Mixed Fruit  
Milk

### Wednesday, March 8

Chicken Taquitos

Refried Beans  
Applesauce  
Baby Carrots  
Milk

### Thursday, March 9

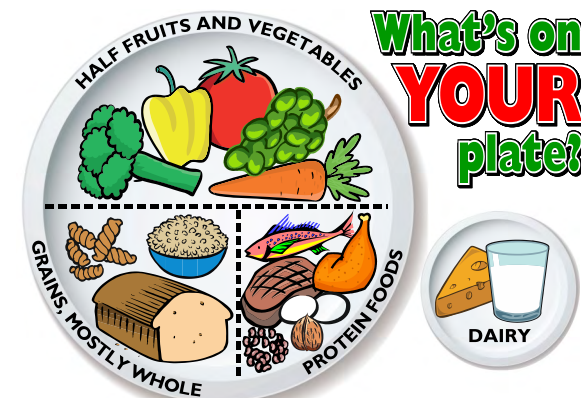
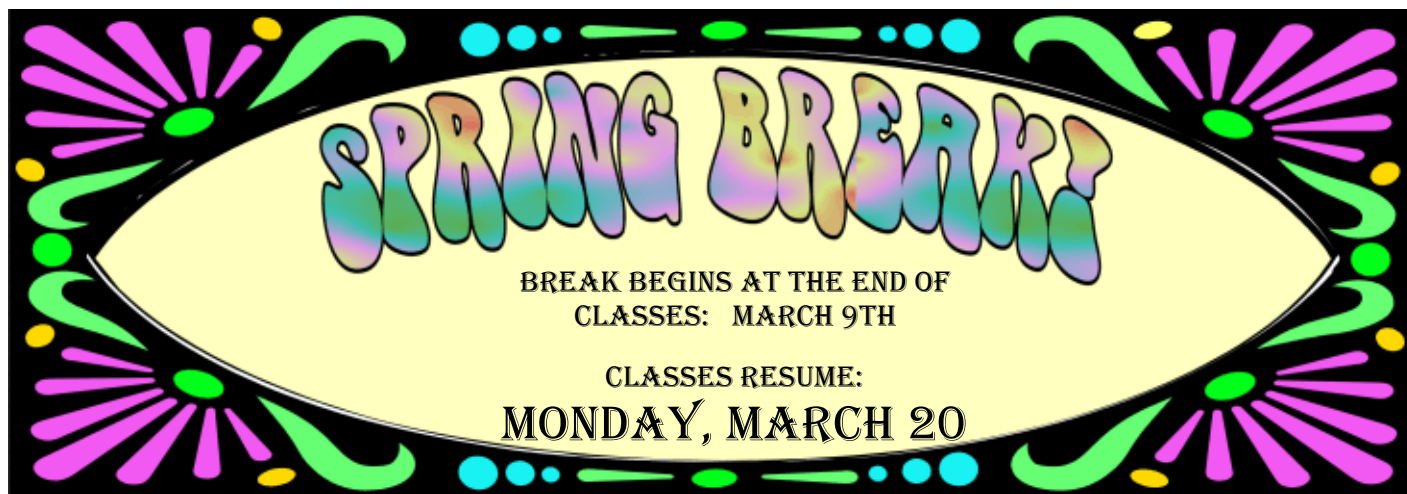
Chicken Fried Beef  
Sticks

Mashed Potato  
Gravy  
Diced Peaches  
Milk

### Friday, March 10

Pizza

Green Beans  
Diced Pears  
Choc. Chip Cookie  
Milk



## REAL Irish food!

Corned beef and cabbage? Sorry, not really a traditional Irish meal! But here's an easy (and scrumptious) dish to try that IS authentically Irish: "Colcannon." It's usually a combination of mashed potatoes with kale, green onions, and sweet cream butter, and Colcannon is about as Irish as food gets — especially when, as here, it's served with lamb and roasted root vegetables! There's even an old



traditional song about this Irish favorite:

*Did you ever eat Colcannon, made from lovely pickled cream?  
With the greens and scallions mingled like a picture in a dream.  
Did you ever make a hole on top to hold the melting flake  
Of the creamy, flavoured butter that your mother used to make?*

Colcannon is easy to make and there are plenty of recipes with all sorts of variations on-line! And besides, how many songs do you know about corned beef and cabbage?!

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)

<b>Monday, March 20</b>  Teriyaki Beef Nuggets  Rice Green Beans Fresh Apple Choc. Chip Cookie Milk	<b>Tuesday, March 21</b>  Cheeseburger  Jo-Jo's Baked Beans Fresh Pear Milk	<b>Wed. March 22</b>  French Toast with Sausage  Tater Tots Fresh Orange Wedges Milk	<b>Thursday, March 23</b>  Italian Sauce with Noodles  Garlic Toast Spinach Salad Apple Juice Milk	<b>Friday, March 24</b>  Baja Fish Sticks  Fresh Broccoli Baby Carrots Hummus Dip Peach Cubes Gold Fish Pretzels Milk
<b>Monday, March 27</b>  Popcorn Chicken  Roll Green Beans Fresh Apple Orange Juice Milk	<b>Tuesday, March 28</b>  Fiesta Bowl with Tortilla  Refried Beans Apple Juice Milk	<b>Wed. March 29</b>  Egg Roll  Fried Rice Fresh Broccoli Hummus Dip Pineapple Milk	<b>Thursday, March 30</b>  Vegetarian Chili with Pretzel  Romaine Salad Banana Milk	<b>Friday, March 31</b>  Ravioli  Garlic Toast Corn Fresh Baby Carrots Mixed Fruit Milk