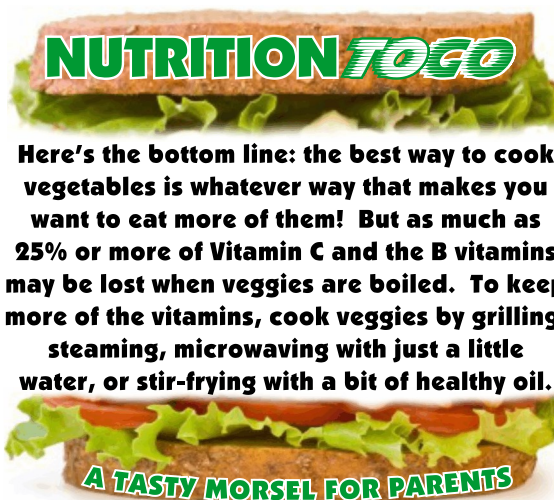


# Menus for March 2017

## KPBSD Middle School Lunch Menu

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



**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.**

## 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?

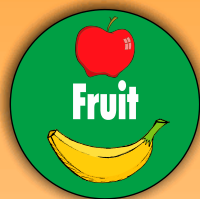


Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!

**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**



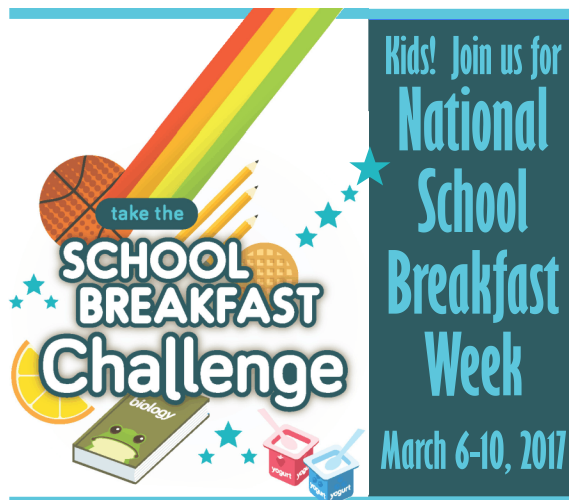
or



**and at  
least  
three  
items  
total**



Kenai Peninsula Borough SD



### Wednesday, March 1

Egg Roll  
or  
Teriyaki Beef  
Dippers w/Roll

Fried Rice  
Fresh Broccoli  
w/ Hummus Dip  
Pineapple  
Milk

### Thursday, March 2

Vegetarian Chili  
With Pretzel  
Or  
Popcorn Chicken

Romaine Salad  
w/ Dressing  
Banana  
Milk

### Friday, March 3

Ravioli with  
Garlic Toast  
or  
Chicken Nuggets

Corn  
Mixed Fruit  
Baby Carrots  
with Ranch  
Milk

### Monday, March 6

Chicken Nuggets  
or  
Egg Rolls

Rice  
Steamed Broccoli  
Fresh Apple  
Milk

### Tuesday, March 7

BB-Q Pork Hoagie  
Or  
Corn Dog

Lattice Cut Sweet  
Potatoes  
Mixed Fruit  
Milk

### Wednesday, March 8

Chicken Taquitos  
Or Chicken  
Quesadillas  
w/ Salsa  
Refried Beans  
Applesauce  
Baby Carrots  
w/Ranch  
Milk

### Thursday, March 9

Chicken Fried Beef  
Sticks or  
Cheeseburger

Mashed Potato  
Gravy  
Diced Peaches  
Milk

### Friday, March 10

Pizza  
Or  
Popcorn Chicken

Green Beans  
Diced Pears  
Choc. Chip Cookie  
Milk