

Menus for March 2017

KPBSD K-12/ Chapman
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.

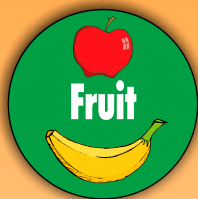
Eating a healthy breakfast is SO important, we shouldn't let traditional thinking stop us from eating a morning meal. Don't like eggs or juice or bananas or bacon? Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!



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



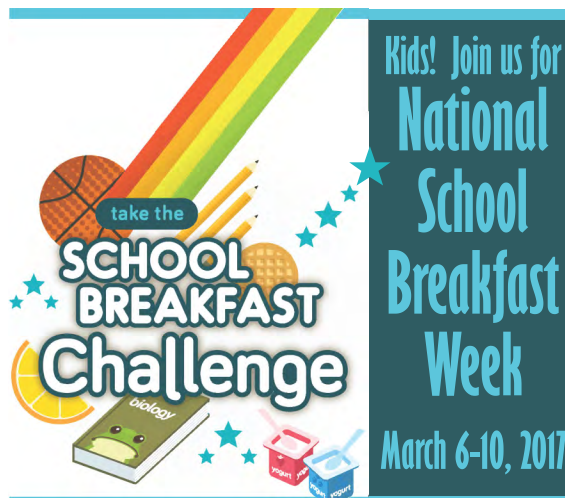
or



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
Ranch 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

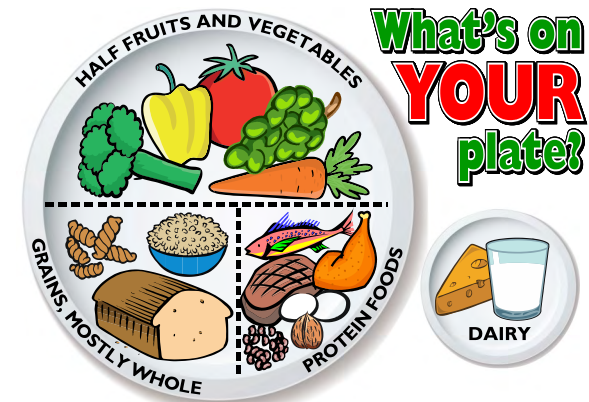
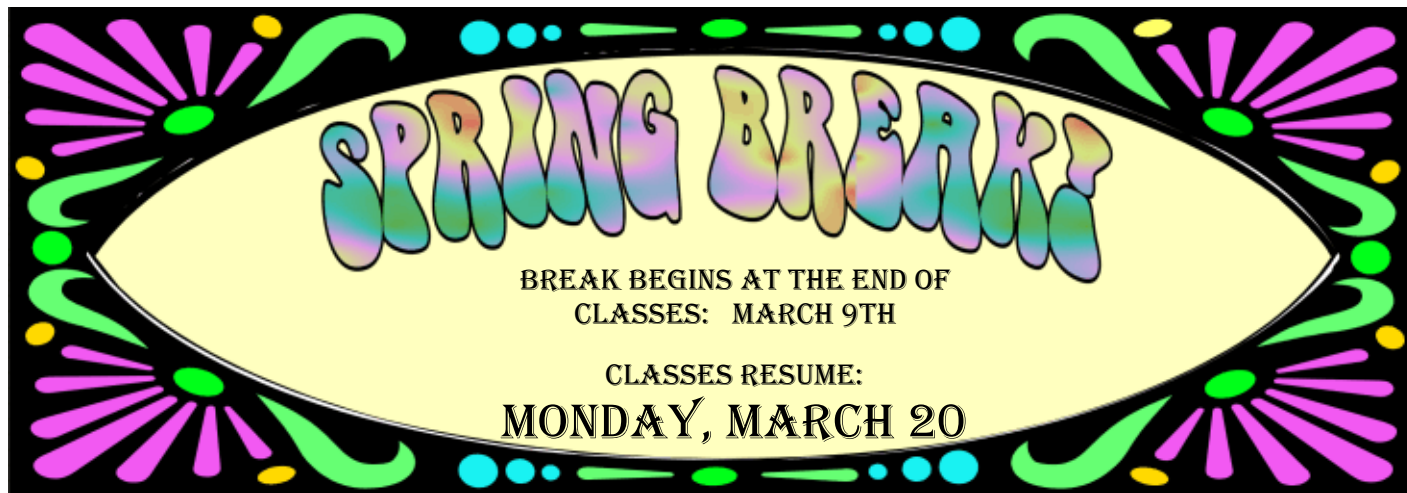
Chicken Fried Beef
Sticks

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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

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