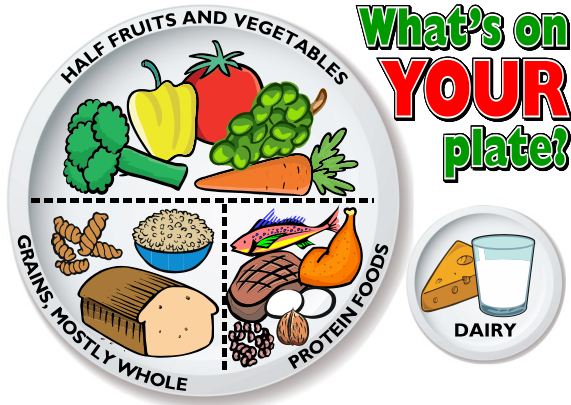


Menus for April 2017

KPBSD Middle
School Lunch
Menu



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



What's on
YOUR
plate?



Answer: Iceberg lettuce! Actually, iceberg lettuce is also the least nutritious of a very nutritious family of vegetables. Try other kinds of greens in salads and on sandwiches for more flavor and greater nutritional value!

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



Since April 1 falls on a weekend this year, Congress passed a law declaring that "all pranks, practical jokes, tricks, and

other April Fool's mischief shall, by law, be perpetrated on Monday, April 3 instead." Please plan accordingly. (And, oh yeah, April Fool's.)

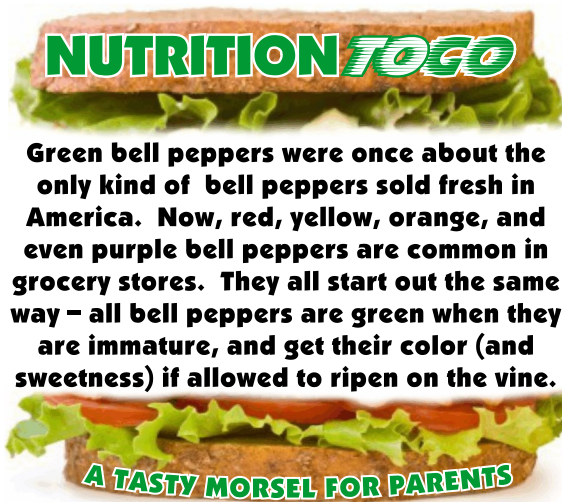
STAIRWAY TO HEALTH.



Wellness is determined by dozens of small choices we all make every day. For example, take the stairs – no, really, TAKE THE STAIRS! It's estimated that stair-climbing for just 2 minutes a day (6-8 flights) will burn enough calories to prevent annual weight gain for the average American.

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

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
Chicken Nuggets or Egg Roll Rice Steamed Broccoli Fresh Apple Milk	BB-Q Pork Hoagie or Corn Dog Lattice Cut Sweet Potatoes Mixed Fruit Milk	Chicken Taquitos or Chicken Quesadilla Both with Salsa Refried Beans Applesauce Baby Carrots Milk	Chicken Fried Beef Sticks or Cheeseburger Mashed Potato Gravy Dinner Roll Diced Peaches Milk	Pizza or Popcorn Chicken Green Beans Diced Pears Chocolate Chip Cookie Milk
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
Corn Dog or BB-Q Pork Hoagie Baked Beans Sweet Potato Lattice Fries Applesauce Milk	Manwich Sloppy Joe or Popcorn Chicken KK Fries Green Beans Banana Milk	Sweet -N -Sour Chicken or Chicken Fried Beef Sticks Rice Fresh Broccoli Mandarin Oranges Milk	Chicken Alfredo Rotini or Pizza Stick Corn Fresh Pear Milk	Beaded Chicken Sandwich or Pizza Romaine Salad Diced Peaches Milk



Green bell peppers were once about the only kind of bell peppers sold fresh in America. Now, red, yellow, orange, and even purple bell peppers are common in grocery stores. They all start out the same way – all bell peppers are green when they are immature, and get their color (and sweetness) if allowed to ripen on the vine.

◆ WONDERS OF THE WORLD ◆

Mauna Loa and Kilauea volcanoes in Hawaii are known for heat – especially for Kilauea's spectacular lava flows into the Blue Pacific. But Mauna Loa also rises nearly 14,000 feet above its ocean shore, high enough to get some snow every year, and sometimes a lot of snow. Last December, several feet fell on the highest mountains in Hawaii, and just last month in March there was a blizzard warning! This snowboarder is getting some air within sight of the world's largest astronomical observatory atop Mauna Kea, a dormant volcano and the tallest of the Hawaiian mountains.



◆ HAWAII VOLCANOES NATIONAL PARK ◆

★ OUR NATION'S HISTORY ★

This is the Dome of the United States Capitol building in Washington, D.C. The part of the building just under the Statue of Freedom near the top is what architects call the "tholos," and if the light in the Capitol's tholos is lit at night, that means that one or both of the U.S. Senate and the U.S. House of Representatives are in session. This tradition is believed to have begun in the 1800's when many members of Congress lived in area houses and they needed to convene when to board and they know convene!



Library of Congress, Prints and Photographs Division.

★ WITH LIBERTY & JUSTICE FOR ALL ★

Monday, April 17	Tuesday, April 18	Wednesday, April 19	Thursday, April 20	Friday, April 21
Teriyaki Beef Nuggets or Popcorn Chicken Rice Green Beans Fresh Apple Choc. Chip Cookie Milk	Cheeseburger or Chicken Nuggets KK Fries Baked Beans Fresh Pear Milk	French Toast with Sausage or Ham N Cheese Hoagie Tater Tots Fresh Orange Wedges Milk	Italian Sauce with Noodles or Pizza Stick Garlic Toast Spinach Salad Apple Juice Milk	Baja Fish Sticks or Corn Dog Fresh Broccoli Baby Carrots Hummus Dip Peach Cubes Gold Fish Pretzels Milk
Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
Popcorn Chicken or Ham N Cheese Hoagie Dinner Roll Green Beans Fresh Apple Milk	Ravioli or Chicken Nuggets Garlic Toast Corn Fresh Baby Carrots Mixed Fruit Milk	Egg Roll or Beef Teriyaki Nuggets Fried Rice Fresh Broccoli Hummus Dip Pineapple Milk	Vegetarian Chili With Pretzel or Popcorn Chicken Romaine Salad Ranch Dressing Banana Milk	Corn Dog or Chicken Nuggets Cheesy Rotini Green Beans Strawberry Cups Milk