

# Menus for April 2017

KPBSD  
Elementary  
Lunch Menu



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

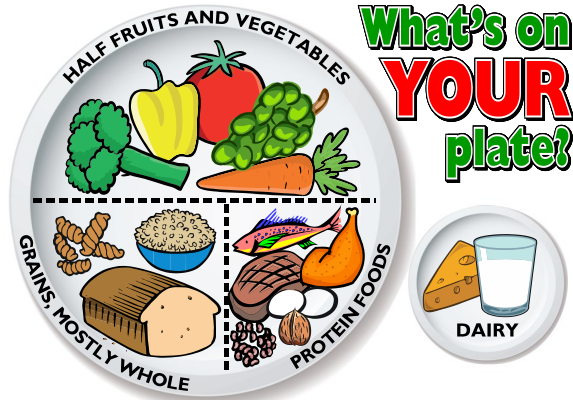


## STAIRWAY TO HEALTH.



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.

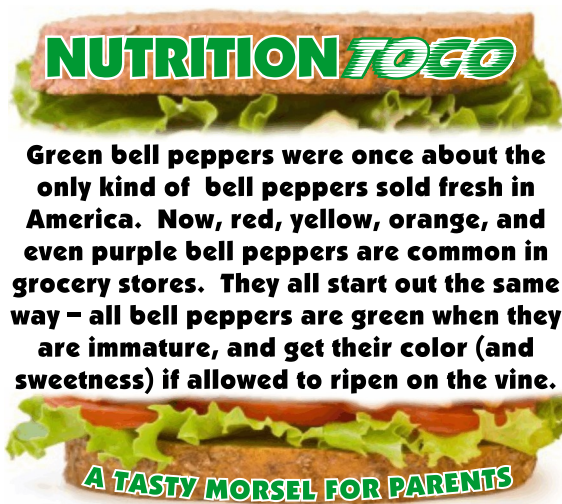
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**



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

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
Chicken Nuggets	BB-Q Pork Hoagie	Chicken Taquitos With Salsa	Chicken Fried Beef Sticks	Pizza
Rice Steamed Broccoli Fresh Apple Milk	Lattice Cut Sweet Potatoes Mixed Fruit Milk	Refried Beans Applesauce Baby Carrots Milk	Mashed Potato Gravy Diced Peaches Milk	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	Manwich Sloppy Joe	Sweet -N -Sour Chicken	Chicken Alfredo Rotini	Beaded Chicken Sandwich
Baked Beans Sweet Potato Lattice Fries Applesauce Milk	KK Fries Green Beans Banana Milk	Rice Fresh Broccoli Mandarin Oranges Milk	Corn Fresh Pear Milk	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 ★

**T**his 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 know when to convene!



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**Monday, April 17**

Teriyaki Beef  
Nuggets

Rice  
Green Beans  
Fresh Apple  
Choc. Chip Cookie  
Milk

**Tuesday, April 18**

Cheeseburger

KK Fries  
Baked Beans  
Fresh Pear  
Milk

**Wednesday, April 19**

French Toast  
with Sausage

Tater Tots  
Fresh Orange  
Wedges  
Milk

**Thursday, April 20**

Italian Sauce with  
Noodles

Garlic Toast  
Spinach Salad  
Apple Juice  
Milk

**Friday, April 21**

Baja Fish Sticks

Fresh Broccoli  
Baby Carrots  
Hummus Dip  
Peach Cubes  
Gold Fish Pretzels  
Milk

**Monday, April 24**

Popcorn Chicken

Dinner Roll  
Green Beans  
Fresh Apple  
Milk

**Tuesday, April 25**

Ravioli

Garlic Toast  
Corn  
Fresh Baby Carrots  
Mixed Fruit  
Milk

**Wednesday, April 26**

Egg Roll

Fried Rice  
Fresh Broccoli  
Hummus Dip  
Pineapple  
Milk

**Thursday, April 27**

Vegetarian Chili  
With Pretzel

Romaine Salad  
Ranch Dressing  
Banana  
Milk

**Friday, April 28**

Corn Dog

Cheesy Rotini  
Green Beans  
Strawberry Cups  
Milk