

**KENAI PENINSULA
SCHOOL DISTRICT**

MENUS FOR MARCH 2014

*This institution is an equal
opportunity provider
and employer.*

take
time
for **school BREAKFAST**



**Join us for National
School Breakfast Week
March 3-7, 2014**

VEGETABLE

Cabbage



Cabbage is one of the oldest – and most healthful – vegetables known to man. It's high in vitamin C and fiber, and it's also high on the list of cancer-fighting foods.

OF THE MONTH

*Oh, the Places
You'll
Go!*
By
Dr. Seuss

March 3 is
"Read Across America" Day

Monday, March 3

**PIZZA or
HAMBURGER**

**KK FRIES
MANDARIN
ORANGE
SECTIONS
100 % JUICE
MILK**

Tuesday, March 4

**SALMON BURRITO
Or CORN PUPS
W G ROLL
CARROTS N DIP
WEDGE POTATO
CINNAMON
APPLESAUCE CUP
MILK**

Wednesday, March 5

**CHEESE STICK W/
DUNKER SAUCE
or BEEF AND
BEAN BURRITO
BANANA
BROCCOLI
STRAWBERRY
CUPS
MILK**

Thursday, March 6

**BBQ PULLED
CHICKEN
SANDWICH or
FISH NUGGETS
SWEET POTATO
AND APPLE BAKE
MIXED FRUIT
100 % JUICE
MILK**

Friday, March 7

**NO
SCHOOL**

**DON'T FORGET TO
SPRING
FORWARD
ON MARCH 9!**

**MENUS
ON THE
WEB!**

**SURF OVER
TO**

www.kpbsd.k12.ak.us

Now Appearing ...

SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

Break begins at the end of classes:

Friday, March 7

Classes resume:

Monday, March 17



MARCH 17

Follow a Rainbow to a Pot o' Gold!



What did the Teddy Bear say when he was offered dessert?



"No, thanks. I'm stuffed!" Actually, that's not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

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

Monday, March 17

**TERYAKI CHICKEN
W/ CHOW MEIN
or POLLOCK
HOAGIE
GREEN BEANS
MIXED FRUIT
WF MIXED BERRY
LEMON SWIRL
MILK**

Tuesday, March 18

**MANWICH
SLOPPY JOE or
SPICY CHICKEN
STRIPS
BROCCOLI
BAKED BEANS
APPLESAUCE
MILK**

Wednesday, March 19

**SPICY GILLED
SALMON FILLET
or BB-Q PORK
SANDWICH
ROLL
RICE
CORN
ROMAINE SALAD
W/DRESSING
100 % JUICE
MILK**

Thursday, March 20

**VEGETARIAN
CHILI W/ GRILLED
CHEESE or
CHICKEN
SANDWICH
BABY CARROTS
W/DIP
CHILLED PEARS
W G SUGAR
COOKIE
MILK**

Friday, March 21

**EGG ROLL or
HAM AND CHEESE
HOAGIE
CHOW MEIN
NOODLES
CHILLED PEACHES
100 % JUICE
MILK**

Monday, March 24

**BB-Q CHICKEN
BURGER or
POLLOCK
NUGGETS
BAKED BEANS
CARROTS N/DIP
MIXED FRUIT
MILK**

Tuesday, March 25

**CHICKEN
NUGGETS or
POPCORN
CHICKEN
W/ CHOW MEIN
CHILLED PEARS
SWEET POTATO
AND APPLE BAKE
APPLESAUCE
MILK**

Wednesday, March 26

**GARLIC ROASTED
COD WITH RICE
or CHICKEN
FRIED BEEF
FINGERS
SPINACH & FRUIT
SALAD
PEACHES
100 % JUICE
SUGAR COOKIE
MILK**

Thursday, March 27

**CHILI SPUD
BOWL or
HAWAIIAN PIZZA
SANTA FE
VEGETABLES
FRESH APPLE
100 % JUICE
MILK**

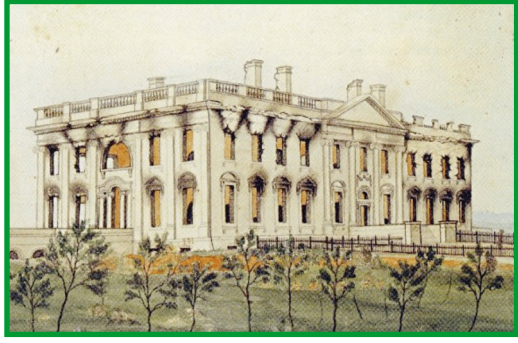
Friday, March 28

**TERYAKI FINGERS
W/ CHOW MEIN
or TURKEY HAM
HOAGIE
WINTER MIX
VEGETABLES
PINEAPPLE
APPLESAUCE
CUPS
MILK**

Monday, March 31

**CHICKEN FRIED
BEEF FINGERS or
EGG ROLL both
with RICE
CARROTS W/ DIP
CINNAMON
APPLESAUCE
CUPS
DICED PEARS
MILK**

OUR NATION'S HISTORY



WITH LIBERTY & JUSTICE FOR ALL

During the month that we celebrate St. Patrick's Day, it's interesting to note that an Irish-born architect (James Hoban) designed and oversaw the building of the White House in Washington, D.C. -- not just once, but twice! Hoban first built the original White House in the 1790's, and he then rebuilt it after the British burned out the building during the War of 1812, as pictured here.