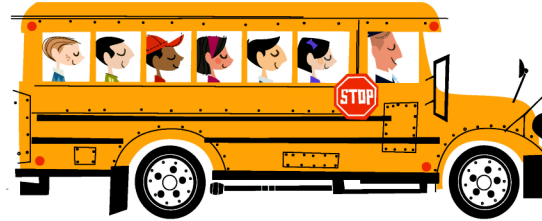


**KENAI PENINSULA
SCHOOL DISTRICT**

MENUS FOR MARCH 2014

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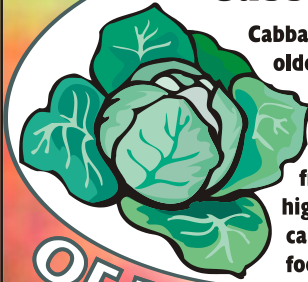
take
time
for **school BREAKFAST**



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

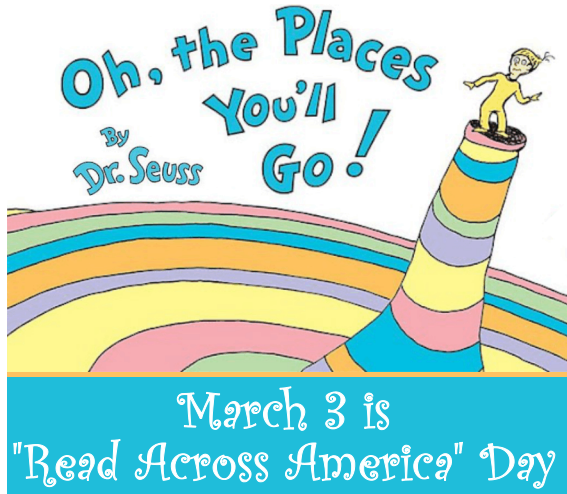
VEGETABLE

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



Monday, March 3

PIZZA

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

Tuesday, March 4

SALMON BURRITO

**W G ROLL
CARROTS N DIP
WEDGE POTATO
CINNAMON
APPLESAUCE CUP
MILK**

Wednesday, March 5

CHEESE STICK W/ DUNKER SAUCE

**BANANA
BROCCOLI
STRAWBERRY
CUPS
MILK**

Thursday, March 6

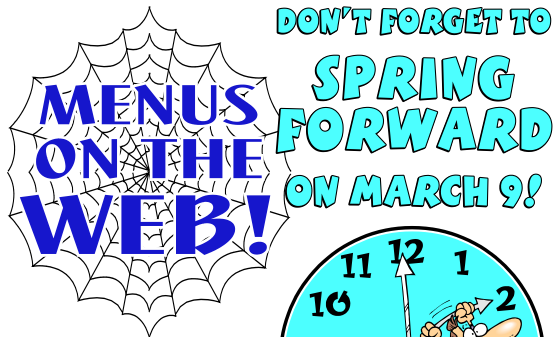
BBQ PULLED CHICKEN SANDWICH

**SWEET POTATO
AND APPLE BAKE
MIXED FRUIT
100 % JUICE
MILK**

Friday, March 7

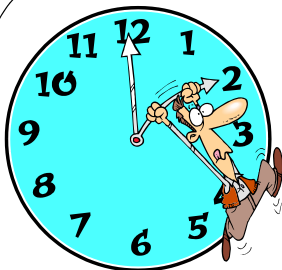
NO

SCHOOL



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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



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	Tuesday, March 18	Wednesday, March 19	Thursday, March 20	Friday, March 21
TERYAKI CHICKEN W/ CHOW MEIN	MANWICH SLOPPY JOE	SPICY GILLED SALMON FILLET	VEGETARIAN CHILI W/ GRILLED CHEESE	EGG ROLL
GREEN BEANS MIXED FRUIT WF MIXED BERRY LEMON SWIRL MILK	BROCCOLI BAKED BEANS APPLESAUCE MILK	ROLL RICE CORN ROMAINE SALAD W/DRESSING 100 % JUICE MILK	BABY CARROTS W/DIP CHILLED PEARS W G SUGAR COOKIE MILK	CHOW MEIN NOODLES CHILLED PEACHES 100 % JUICE MILK
Monday, March 24	Tuesday, March 25	Wednesday, March 26	Thursday, March 27	Friday, March 28
BB-Q CHICKEN BURGER	CHICKEN NUGGETS W/ CHOW MEIN	GARLIC ROASTED COD WITH RICE	CHILI SPUD BOWL	TERYAKI FINGERS W/ CHOW MEIN
BAKED BEANS CARROTS N/DIP MIXED FRUIT MILK	CHILLED PEARS SWEET POTATO AND APPLE BAKE APPLESAUCE MILK	SPINACH & FRUIT SALAD PEACHES 100 % JUICE SUGAR COOKIE MILK	SANTA FE VEGETABLES FRESH APPLE 100 % JUICE MILK	WINTER MIX VEGETABLES PINEAPPLE APPLESAUCE CUPS MILK

Monday, March 31
CHICKEN FRIED BEEF FINGERS with RICE
CARROTS W/ DIP CINNAMON APPLESAUCE CUPS DICED PEARS MILK

MENUS FOR MARCH 2014 **KENAI PENINSULA BOROUGH SCHOOL DIST**

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100% Juice



*Fruit Juices
offered in a
variety of flavors*