

# MENUS FOR APRIL 2014

Kenai  
Peninsula  
Borough  
School

*This institution is an equal opportunity provider and employer*



## Spring has Sprung!

v	f	r	m	d	f	r	s
b	l	o	o	m	s	p	l
u	o	w	h	j	n	b	c
t	w	f	h	w	s	s	p
t	e	g	g	s	f	h	d
e	r	a	i	n	b	o	w
r	a	d	s	r	t	w	d
f	h	g	j	q	r	e	r
l	g	h	o	l	c	r	m
y	f	j	k	r	m	s	w
z	c	h	i	c	k	s	g
s	p	r	i	n	g	g	u
v	m	r	s	t	j	l	o
r	b	u	n	n	y	w	r

flower chicks blooms  
warm rainbow eggs  
butterfly showers bunny



Tuesday, April 1

Pollock Hoagie  
or Philly Steak  
Hoagie

Green Beans  
KK Fries  
100% Fruit Juice  
Milk

Wednesday, April 2

Popcorn Chicken  
or Chicken Pieces  
WW Roll  
Mashed Potato  
w/Gravy  
Corn  
Whole Fruit  
Lemon Berry  
Swirl Juice Cup  
Strawberry Cup  
Milk

Thursday, April 3

Spaghetti with  
Meat Sauce  
or Chicken  
Nuggets  
  
Winter Mix  
Banana  
Chilled Peaches  
Milk

Friday, April 4

BBQ Pulled  
Chicken  
Sandwich  
or  
Fish Nuggets  
  
Baked Beans  
Chilled Pears  
Juice  
Milk

Monday, April 7

Corn Pups  
or Salmon  
Burrito

KK Fries  
Mandarin Orange  
Pieces  
100% Fruit Juice  
Milk

Tuesday, April 8

Pizza  
or Sliders

Apple  
Tater Tots  
Cinnamon  
Applesauce Cup  
Milk

Wednesday, April 9

Cheese Stick w/  
Dunker Sauce  
or Beef & Bean  
Burrito

Banana  
Broccoli  
Juice  
Milk

Thursday, April 10

Chili Con Carne  
w/ Bread Stick  
or Breaded  
Chicken Burgers

Carrots & Celery  
Sticks  
Chilled Pears  
Frozen Orange  
Berry Swirl  
Milk

Friday, April 11

Egg Roll  
Or Ham & Cheese  
Hoagie

Chow Mein  
Noodles  
Chilled Peaches  
100% Fruit Juice  
Milk

**NUTRITION TO GO**

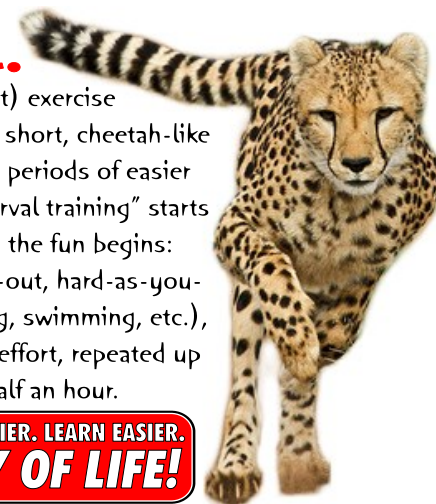
**A slice of our pizza is typically much healthier than a slice from a pizza shop or the supermarket. We use crust that's whole-grain rich, reduced-sodium sauce, and lowfat mozzarella cheese -- indeed, it's not a stretch to say that school pizza has been completely redesigned to be a nutritious choice for kids. Still tastes great, too!**

**A TASTY MORSEL FOR PARENTS**

**INTENSE.**

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.

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





## IMPORTANT NEWS FOR PARENTS: Kids are choosing -- and eating -- more fruits and veggies for lunch at school!

Over the last two school years, we've been putting more fruits and veggies on kids' plates for school lunch. You may recall seeing the **"DON'T4GET!"** campaign we're using to promote the new guidelines for our meals, which (among other changes)

require kids to take at least one -- and preferably more than one -- fruit or veggie with each day's lunch. Well, **the changes appear to be working!** A new study published in the American Journal of Preventive Medicine found that **76% of kids selected fruit for lunch** (compared to 52.7% before the change) and **41% of kids included a vegetable choice** (compared to 24.9% before). Best of all, the study found no corresponding increase in

food being thrown away, suggesting that kids are eating more of that good stuff rather than wasting it. **At our schools, we're continuing to focus on food quality to make sure even more kids eat and enjoy their fruits and veggies!**

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)

### DON'T4GET!



... and at least **THREE** of the five items total so your meal counts as a complete lunch!



Monday, April 14

BBQ Chicken  
Burgers  
Or Breaded  
Chicken  
Sandwich

Baked Beans  
Carrots N Dip  
Mixed Fruit  
Milk

Tuesday, April 15

Chicken Nuggets  
Or Teriyaki  
Nuggets  
both w/ WG Rice

Chilled Pears  
Applesauce  
Milk

Wednesday, April 16

Garlic Roasted  
Fish  
or Chicken Fried  
Beef  
both w/ Bread  
Stick  
Tater Tots  
Tarter Sauce  
Romaine Salad  
Peaches  
Milk

Thursday, April 17

Chili Spud Bowl  
or Hawaiian Big  
Daddy's

Santa Fe  
Vegetables  
Grapes  
100% Juice  
Milk

Friday, April 18

Teriyaki Fingers  
or Turkey Ham  
Hoagie  
both w/Chow  
Mein Noodles

Winter Mix  
Vegetables  
Pineapple  
Applesauce  
Milk

Monday, April 21

Ravioli w/ Bread  
Stick  
or Sliders

Carrots w/ Ranch  
Mandarin Orange  
Pieces  
100% Juice

Tuesday, April 22

Pollock Hoagie  
or Philly Steak  
Hoagie

Baked Beans  
Orange Wedges  
100% Fruit Juice  
Milk

Wednesday, April 23

Beef & Bean  
Burrito  
or Pizza

Strawberry Cup  
Broccoli  
Sugar Cookie  
Juice  
Milk

Thursday, April 24

Taco, Beef &  
Bean  
or Hawaiian Big  
Daddy's  
Refried Beans  
Banana  
Chilled Peaches  
Cups  
Lettuce Tomato  
Mix  
Milk

Friday, April 25

Teriyaki Asian  
Chicken  
or Fish Nuggets  
both w/Rice

Green Beans  
Pineapple  
Juice  
Milk

Monday, April 28

Sliders  
or Corn Pups

KK Fries  
Carrots  
Applesauce  
Juice  
Milk

Tuesday, April 29

BBQ Pork  
Sandwich  
or Spicy Grilled  
Salmon Fillet  
both w/Rice

Baked Beans  
Winter Mix  
100% Fruit Juice  
Milk

Wednesday, April 30

Pizza or  
Popcorn Chicken

Romaine Salad  
Strawberry  
Applesauce Cup  
100% Fruit Juice  
Milk

