

Menus for January

Kenai Peninsula Lunch Menu K-6

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

Brain Ticklers

Jimmy's mom has 4 kids. She named the first Monday, the second Tuesday, and the third Wednesday. What do you think she named her fourth child?

(Hold the page upside down and read it in a mirror for the answer!)

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MOVE!

It's in our DNA: the human body is made to MOVE, not to sit still all day, every day. Our earliest ancestors were in motion daily, looking for food. The more we can make sure we're active and moving, the better our health will be.

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

Happy New Year

Welcome Back!
 We hope you enjoyed your break!

DON'T GET!

To make a lunch, choose at least one

Fruit/Juice or **Veggie**

Monday, January 9

Chicken Nuggets w/ Rice

Steamed Broccoli Applesauce Orange Juice Milk

Tuesday, January 10

BB-Q Pork Hoagie

Lattice Cut Sweet Potatoes Pineapple Green Beans Milk

Wed. January 11

Chicken Taquitos w/ Salsa

Refried Beans Fresh Apples Baby Carrots w/Ranch Milk

Thursday, January 12

Chicken Fried Beef Fingers w/ Dinner Roll

Mashed Potato With Gravy Winter Mix Diced Peaches Milk

Friday, January 13

Pizza

Corn Fresh Apple Diced Pears Choc. Chip Cookie Milk

Still the best deal in town!

Breakfast	Lunch
K-12 \$1.75	K-6 \$2.85
No Charge for Qualifying Free or Reduced	7-12 \$3.35

Get in touch with us today to learn more about free and reduced-price meals in our district: Applications available at your School

Monday, January 16

Martin Luther King, Jr.

1929
1968



No School

Tuesday, January 17

Cheeseburger w/ Lettuce & Tomato

KK Fries
Green Beans
Banana
Milk

Wed. January 18

Sweet N Sour Chicken w/ Rice

Fresh Broccoli w/ Ranch Applesauce
Mandarin Oranges
Milk

Thursday, January 19

Taco's Beef N Bean with Salsa

Romaine Salad w/ Dressing
Fresh Pear
Orange Juice
Milk

Friday, January 20

Breaded Chicken Sandwich

Corn
Strawberry Cup
Diced Peaches
Milk

Monday, January 23

Teriyaki Beef Nuggets with Rice
Green Beans
Fresh Apple
Mixed Fruit
Choc. Chip Cookie
Milk

Tuesday, January 24

Chicken Drumsticks With Roll

Jo-Jo's
Fresh Pear
Baked Beans
Milk

Wed. January 25

French Toast with Sausage

Tater Tots
Strawberry Cup
Apple Juice
Milk

Thursday, January 26

Spaghetti with Meat Sauce
Garlic Toast

Spinach Salad
Fresh Oranges
Apple Juice
Milk

Friday, January 27

Baja Fish Sticks with Tarter Sauce
Fresh Broccoli
Baby Carrots with Hummus Dip
Peach Cubes
Gold Fish Pretzels
Milk

Monday, January 30

Popcorn Chicken w/ Roll

Green Beans
Fresh Apple
Orange Juice
Milk

Tuesday, January 31

Fiesta Bowl with Tortilla and Salsa

Diced Peaches
Refried Beans
Apple Juice
Milk

NUTRITION TO GO

Boys and girls 4-6 years old should get about 1800 total calories a day from all food and drink sources, while 7-10 year olds should get 2200. At age 11-14, girls should still get about 2200 calories but boys about 2500. Young athletes should get 600-1200 more calories a day, depending on their weight and sport.

A TASTY MORSEL FOR PARENTS



He's the heavyweight champ, whether he's cooked . . .

OR RAW!

He'll give any other food a nutritional body slam, because he's . . .

THE BROCC



Can you name the powerful food we're describing and the famous person we're comparing it to?

(Hold the page upside down and look in a mirror for the answer!)

champion and actor Dwayne "The Rock" Johnson
A: The food is broccoli and the person is 17-time pro wrestling

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

YEAR OF THE ROOSTER

This year, there are TWO New Years in January!

The Chinese New Year begins with the new moon on January 28.

2017 is the Year of the Rooster.

