

Menus for January

KPBSD Middle School Lunch Menu

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!)

جواب:

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 4GET!

To make a lunch, choose at least one

or

and 3-5 items total

Monday, January 9

Chicken Nuggets
 Or
 Egg Roll w/ 2
 Nuggets both with
 Rice

Steamed Broccoli
 Applesauce
 Fruitables
 Milk

Tuesday, January 10

BB-Q Pork Hoagie
 Or
 Corn Dog

Lattice Cut Sweet
 Potatoes
 Mixed Fruit
 Pineapple
 Green Beans
 Milk

Wed. January 11

Chicken Taquitos
 w/ Salsa
 or
 Chicken Quesadilla

Refried Beans
 Fresh Apples
 Baby Carrots
 w/Ranch
 Milk

Thursday, January 12

Chicken Fried Beef
 Fingers
 w/ Dinner Roll
 or
 Cheese Burger

Mashed Potato
 With Gravy
 Winter Mix
 Diced Peaches
 Milk

Friday, January 13

Pizza
 or
 Popcorn Chicken

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
or
Popcorn Chicken

KK Fries
Green Beans
Banana
Milk

Wed. January 18

Sweet N Sour Chicken or
Chicken Fried Beef Fingers both w/ Rice
Fresh Broccoli w/ Ranch
Applesauce
Mandarin Oranges
Goldfish Pretzel
Milk

Thursday, January 19

Taco's Beef N Bean with Salsa
or
Pizza Stick

Romaine Salad w/ Dressing
Fresh Pear
Orange Juice
Milk

Friday, January 20

Breaded Chicken Sandwich
or
Burrito

Corn
Strawberry Cup
Diced Peaches
Milk

Monday, January 23

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

Tuesday, January 24

Chicken Drumsticks With Roll
or
Chicken Nuggets

Jo-Jo's
Fresh Pear
Baked Beans
Milk

Wed. January 25

French Toast with Sausage
or
Ham & Cheese Hoagie

Tater Tots
Strawberry Cup
Apple Juice
Milk

Thursday, January 26

Spaghetti with Meat Sauce
Garlic Toast
or
Pizza Stick

Spinach Salad
Fresh Oranges
Apple Juice
Milk

Friday, January 27

Baja Fish Sticks with Tarter Sauce
or
Corn Dog
Fresh Broccoli
Baby Carrots with Hummus Dip
Peach Cubes
Goldfish Pretzels
Milk

Monday, January 30

Popcorn Chicken w/ Roll
or
Ham N Cheese Hoagie

Green Beans
Fresh Apple
Fruitables
Milk

Tuesday, January 31

Fiesta Bowl with Tortilla
or
Taqitos both with 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



What's on YOUR plate?

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.

