

Back to school

Menus for August/September 2022



KIBSD K-5 SCHOOLS

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

HERB/SPICE

Mint

Herbs and spices are plants that are used to flavor food. Mint is perhaps the easiest herb to grow at home. And it's flavorful, too -- in iced tea, on fruit salad, as a seasoning for lamb, in a smoothie, or mixed with rice.



OF THE MONTH

BACK TO THE FUTURE

Like that great old movie, that's where our School Meals program is headed this year: back to pre-pandemic days. So we'll again be asking families that may qualify for free meals to please apply (you'll be able to do that on our website, and in other ways), while other students will resume paying for meals.

But that's the only way we're going back -- otherwise we're moving forward! We're glad that, in the year ahead (the future!), we will again be able to focus primarily on what has always been our core mission: providing the good nutrition that your kids need to learn well in class. That's what we love doing.

But we also know that the challenges of our pandemic-era operations -- shortages, supply chain issues, rising costs for food, material, staff, energy, etc. -- are not going away. Your family faces those challenges, too, so you know what we're saying. And like your family, we're going to face those challenges head on and do what we have to do for kids.

We were **THRILLED** so many of our families started eating with us during the pandemic, and we want you to come back for more! We have always emphasized quality, service, convenience, and healthfulness, and that won't change one bit moving forward.

But first, we encourage you to apply for free meals if you think your family might qualify, and please don't hesitate to contact us with questions by calling 907-486-7448

Monday, August 29

INSERVICE

NO SCHOOL

Tuesday, August 30

Breakfast

Pancakes
Chilled Fruit
Choice of Milk

Lunch

Teriyaki Chicken
Brown Rice
Winter Vegetables
Chilled Pears
Choice of Milk

Wednesday, August 31

Breakfast

Cinnamon Roll
Chilled Fruit
Choice of Milk

Lunch

Popcorn Chicken Bowl
Chilled Peaches
Choice of Milk

Thursday, September 1

Breakfast

Colby Cheese Omelet
Chilled Fruit
Choice of Milk

Lunch

Hamburger
Lettuce and Tomato
Baked Beans
Fruit Cocktail
Choice of Milk

Friday, September 2

Breakfast

Hot Cereal
Chilled Fruit
Choice of Milk

Lunch

Salmon Salad Sandwich
Lettuce and Tomato
Tater Gems
Green Beans
Choice of Milk

Tuesday, September 6

Breakfast

Breakfast Pizza
Chilled Fruit
Choice of Milk

Lunch

Chicken Tenders
Tater Gems
Peas and Carrots
Chilled Pears
Choice of Milk

Wednesday, Sept. 7

Breakfast

Sausage
Muffin
Chilled Fruit
Choice of Milk

Lunch

Orange Chicken Bowl
Brown Rice
Midori Vegetables
Chilled Pineapple
Choice of Milk

Thursday, September 8

Breakfast

Bagel w Cream Cheese
Chilled Fruit
Choice of Milk

Lunch

Spaghetti w Meatballs
Bread Stick
Green Beans
Chilled Peaches
Choice of Milk

Friday, September 9

Breakfast

Hot Cereal
Chilled Fruit
Choice of Milk

Lunch

Baja Fish Patty w Cheese
Coleslaw
Golden Corn
Chilled Fruit Cocktail
Choice of Milk



LABOR DAY

**NO SCHOOL
MONDAY,
SEPTEMBER 5**

School Meals
We serve education every day™

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

**Now serving: Protein,
Calcium and
...FIBER?!**



Flavored fat-free milk provides the same great calcium and protein as white milk – and chocolate milk even contains fiber! Eight ounces of flavored fat-free milk includes just 14 g of added sugar – that’s about 60 calories – in addition to about 12 g of naturally occurring lactose sugar that comes straight from the cow.

No wonder national health groups ranging from the American Academy of Pediatrics to the American Dietetic Association all support low-fat and fat-free milk in schools, including flavored milk. Milk in schools is a crucial source of calcium and other key nutrients for kids -- and a fairly minimal source of sugar and calories.

<p>Monday, September 12</p> <p>Breakfast Cold Cereal Chilled Fruit Choice of Milk</p> <p>Lunch Pizza Fresh Salad Fresh Fruit Choice of Milk</p>	<p>Tuesday, September 13</p> <p>Breakfast Scrambled Egg Chilled Fruit Choice of Milk</p> <p>Lunch BBQ Rib Patty Sandwich Steamed Broccoli Chilled Peaches Choice of Milk</p>	<p>Wednesday, Sept. 14</p> <p>Breakfast French Toast Chilled Fruit Choice of Milk</p> <p>Lunch Chicken Nuggets French Fries Green Beans Chilled Pears Choice of Milk</p>	<p>Thursday, September 15</p> <p>Breakfast Breakfast Flauta Chilled Fruit Choice of Milk</p> <p>Lunch Eggroll Brown Rice Midori Vegetables Chilled Pineapple Choice of Milk</p>	<p>Friday, September 16</p> <p>Breakfast Hot Cereal Chilled Fruit Choice of Milk</p> <p>Lunch Corndog French Fries Green Beans Chilled Peaches Choice of Milk</p>
<p>Monday, September 19</p> <p>Breakfast Cold Cereal Chilled Fruit Choice of Milk</p> <p>Lunch Calzone Fresh Salad Fresh Fruit Choice of Milk</p>	<p>Tuesday, September 20</p> <p>Breakfast Belgian Waffle Chilled Fruit Choice of Milk</p> <p>Lunch Burrito Green Beans Chilled Peaches Choice of Milk</p>	<p>Wednesday, Sept. 21</p> <p>Breakfast Churro Chilled Fruit Choice of Milk</p> <p>Lunch Cherry Blossom Chicken Bowl Brown Rice Midori Vegetables Chilled Fruit Cocktail Choice of Milk</p>	<p>Thursday, September 22</p> <p>Breakfast Banana Pancake Chilled Fruit Choice of Milk</p> <p>Lunch Chicken Patty Sandwich Lettuce and Tomato French Fries Green Beans Chilled Peaches Choice of Milk</p>	<p>Friday, September 23</p> <p>Breakfast Hot Cereal Chilled Fruit Choice of Milk</p> <p>Lunch Honey Lemon Salmon Brown Rice Midori Vegetables Roll Choice of Milk</p>
<p>Monday, September 26</p> <p>Breakfast Cold Cereal Chilled Fruit Choice of Milk</p> <p>Lunch Pizza Fresh Salad Fresh Fruit Choice of Milk</p>	<p>Tuesday, September 27</p> <p>Breakfast Pancakes Chilled Fruit Choice of Milk</p> <p>Lunch Teriyaki Chicken Brown Rice Winter Vegetables Chilled Pears Choice of Milk</p>	<p>Wednesday, Sept. 28</p> <p>Breakfast Cinnamon Roll Chilled Fruit Choice of Milk</p> <p>Lunch Popcorn Chicken Bowl Chilled Peaches Choice of Milk</p>	<p>Thursday, September 29</p> <p>Breakfast Colby Cheese Omelet Chilled Fruit Choice of Milk</p> <p>Lunch Hamburger Lettuce and Tomato Baked Beans Fruit Cocktail Choice of Milk</p>	<p>Friday, September 30</p> <p>Breakfast Hot Cereal Chilled Fruit Choice of Milk</p> <p>Lunch Salmon Salad Sandwich Lettuce and Tomato Tater Gems Green Beans Choice of Milk</p>