

KIBSD
K-5 SCHOOLS

MENUS FOR MARCH 2024

This institution is an equal opportunity provider and employer.

OUR NATION'S HISTORY



During the month that we celebrate St. Patrick's Day, it's interesting to note that an Irish-born architect (James Hoban) designed and oversaw the building of the White House in Washington, D.C. -- not just once, but twice! Hoban first built the original White House in the 1790's, and he then rebuilt it after the British burned out the building during the War of 1812, as pictured here.

WITH LIBERTY & JUSTICE FOR ALL

Brain Ticklers



What instrument does a boastful Irish musician play on St. Patrick's Day?

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

FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. Remember: kids can't do their best unless they're well fed in the morning!



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

Friday, March 1

Breakfast
Breakfast Pizza
Fresh Fruit
Choice of Milk

Lunch
Salmon Salad Sandwich
Lettuce/Tomato
Potato Wedges
Chilled Fruit
Choice of Milk

SWEET TOOTH

The Honey Badger of Africa and Asia is really closer to a weasel than a true badger, but one thing about its name is definitely true: the honey badger loves honey and will avidly seek out beehives to get at it. Of course, the honey badger will also eat pretty much anything it finds -- rodents, frogs, snakes, insects, turtles, birds, lizards, eggs, vegetables, and whatever else it comes across. They've even been known to chase away young lions and steal their kills. Guess the honey badger really doesn't care!

Monday, March 4

Breakfast
Oatmeal
Chilled Fruit
Choice of Milk

Lunch
Pizza
Fresh Salad
Baby Carrots
Chilled Fruit
Choice of Milk

Tuesday, March 5

Breakfast
Waffle
Chilled Fruit
Choice of Milk

Lunch
Chicken Strips
Peas and Carrots
Tater Gems
Chilled Fruit
Choice of Milk

Wednesday, March 6

Breakfast
Churro
Chilled Fruit
Choice of Milk

Lunch
Teriyaki Wonder Bites
Rice
Normandy Vegetables
Chilled Fruit
Choice of Milk

Thursday, March 7

Breakfast
Pancake
Chilled Fruit
Choice of Milk

Lunch
Spaghetti w Meat Sauce
Green Beans
Chilled Fruit
Choice of Milk

Friday, March 8

Breakfast
Breakfast Wrap
Fresh Fruit
Choice of Milk

Lunch
Baja Fish Sticks
Midori Vegetables
Chilled Fruit
Choice of Milk



Monday, March 11

Breakfast

Cereal
Chilled Fruit
Choice of Milk

Lunch

Pizza
Fresh Salad
Baby Carrots
Chilled Fruit
Choice of Milk

Tuesday, March 12

Breakfast

Pancakes
Fresh Fruit
Choice of Milk

Lunch

Chicken Pancit
Midori Vegetables
Chilled Fruit
Choice of Milk

Wednesday, March 13

Breakfast

Cinnamon Roll
Chilled Fruit
Choice of Milk

Lunch

Chicken Nuggets
Golden Corn
Chilled Fruit
Choice of Milk

Thursday, March 14

Breakfast

Colby Cheese Omelet
Chilled Fruit
Choice of Milk

Lunch

Eggroll
Brown Rice
Ca Cut Vegetables
Chilled Fruit
Choice of Milk

Friday, March 15

Breakfast

Pancake on a Stick
Chilled Fruit
Choice of Milk

Lunch

Ravioli
Fresh Salad
3 Way Vegetables
Chilled Fruit
Choice of Milk

What's on YOUR plate?

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

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 15

Classes resume:
Monday, March 25

A Note from the Child Nutrition Coordinator

Thank you Kodiak Seiners Association (KSA) and Local Processors for the donation of Locally Caught Fish

Kodiak Seiners Association

Monday, March 25

Breakfast

Oatmeal
Chilled Fruit
Choice of Milk

Lunch

Pizza
Fresh Salad
Baby Carrots
Chilled Fruit
Choice of Milk

Tuesday, March 26

Breakfast

Scrambled Egg
Chilled Fruit
Choice of Milk

Lunch

Hot Pocket
Chilled Fruit
Fresh Salad
Choice of Milk

Wednesday, March 27

Breakfast

French Toast
Chilled Fruit
Choice of Milk

Lunch

Popcorn Chicken Bowl
Chilled Fruit
Choice of Milk

Thursday, March 28

Breakfast

Breakfast Burrito
Chilled Fruit
Choice of Milk

Lunch

Hamburger
Lettuce/Tomato
Baked Beans
Chilled Fruit
Choice of Milk

Friday, March 29

Breakfast

Breakfast Pizza
Fresh Fruit
Choice of Milk

Lunch

Salmon Salad Sandwich
Lettuce/Tomato
Potato Wedges
Chilled Fruit
Choice of Milk

NUTRITION TO GO

Turns out Grandma was right: chicken soup IS good for a cold! Chicken soup helps to ease cold symptoms by breaking up congestion, keeping you hydrated, and even acting as an anti-inflammatory. The taste and aroma can be therapeutic, too! There's no cure for a cold, but a piping hot bowl of soup can at least offer some relief.

A QUICK BITE FOR PARENTS