

Kiski Area School District Elementary Lunch

November 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 No School! Elementary Parent Conferences!	4 ELECTION DAY No School! K, 5, 6, Secondary Parent Conferences	5 Crazy Dipper Day! 2 Chicken O's, 2 Garlic Bread Sticks, 2 Cheese Sticks & Sauce Hash Brown Frosty OJ or Fruit Mix	6 Breaded Pork Chop Whipped Potatoes Steamed Carrots Dinner Roll Assorted Applesauce Sticker Day! NRG MAGNETS!	7 Pumpkin Pretzel Day! Chicken Nuggets & Sauce Mixed Vegetables Garden Salad & Dressing Juicy Peaches
10 VETERAN'S DAY Hot Dog on a Bun Crinkle Cut Fries Baked Beans Fresh Fruit Chocolate Chip Cookie	11 Country Fried Beef Steak & Gravy Pierogies Carrots Dinner Roll Applesauce Peanut Butter Brownie	12 Spiral Pasta & Meat Balls Bosco Cheese Stick Green Peas Garden Salad & Dressing Chilled Pineapple	13 Spicy Chicken or Home-Style Chicken on a Bun Tator Tots Green Beans Sunkist Orange Animal Crackers	14 Bosco Pepperoni & Cheese Sticks & Marinara Spudsters Green Peas Fruit Juice Bar
17 Big Daddy's Pizza Whole Kernel Corn Garden Salad & Dressing Red Delicious Apple & Caramel Dip	18 Brunch Pancakes & Sausage Patties Maple Syrup Hash Brown Frosty OJ or Fruit Mix Sticker Day! Baked Lays!	19 Chicken Salad (Chicken Styx, Fries, Cheese Salad Mix & Asst. Dressing) Dinner Roll Skinny Banana Split	20 Thanksgiving Dinner Roast Turkey & Stuffing Whipped Potatoes & Gravy Glazed Carrots Fruit Mix Pumpkin Pie	21 Tomato Soup & Trax Cheddar Toasted Cheese Wrap Carrots & HVR Dip Juicy Peaches Oatmeal Raisin Cookie
24 Spicy Chicken or Home-style Chicken on a Bun Tator Tots Steamed Carrots Grapes	25 Meatball Hoagie on a Bun Potato Smiles Green Beans Chilled Pears Happy Birthday Cupcake	26 Kiski Mini Round Whole Kernel Corn Garden Salad & Dressing Fruit Juice Bar	27 THANKSGIVING Thanksgiving Recess! No School!	28 Thanksgiving Recess! No School!

A La Carte

Fresh fruit & milk offered
everyday! Condiments offered
daily.

Lunch	\$2.00
Weekly	\$10.00
Reduced	\$.40
Weekly Reduced	\$2.00
Milk	\$.50
Water	\$.50
Teas	\$.45
Sm. Gatorade	\$.75
Baked Chips	\$.55

Collection for meals is the first
day of the week! Please pay
ahead this reduces time spent
for students searching for
money on the lines.

School News

If you qualify for free & reduced
lunches-you also qualify for free
& reduced breakfasts.

Alternatives:

11/3	Rib B Que/Bun
11/10	Tuna Salad Croissant
11/17	Uncrustables
11/24	Hamburger on a Bun

GUESS WHAT?

OUR BONES ARE ABOUT FOUR TIMES STRONGER THAN STEEL AND
THEY CAN ENDURE 24,000 POUNDS OF PRESSURE PER SQUARE INCH.

WALKING SIDEWAYS BURNS 78% MORE CALORIES THAN WALKING
FORWARD. LATERAL MOTION TAKES EXTRA EFFORT BY PUTTING
YOUR BODY TO WORK IN UNFAMILIAR WAYS.

