



September 2016

Elementary School Menu KalisPELL Public Schools Food Service

Lunch includes: entrée listed below, fruit, milk, and an unlimited cold fruit and vegetable bar.

Soup Choice is in Gray Font.

Hummus and Roll OR Peanut-Butter (or Sunbutter) and Jelly Sandwich available as a substitution with advance request.

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability. This institution is an equal opportunity provider.



Summer Squash!

	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH MENU:	For questions about the menu, student accounts or eligibility for free or reduced meals please call FS Office 406-751-3443. *Community Eligibility Provision Qualified Schools include Hedges, Elrod, Peterson and Russell Elementary				
Regular Prices Reduced: \$0.40 Student: 2.50 Adult: \$3.50	29 August No School PIR/Staff Orientation	30 August No School PIR/Staff Orientation	31 French Toast Sticks with Local Fruit & Local Breakfast Sausage Links Or Creamy Broccoli Soup & String Cheese	1 WG Breaded Chicken Patty On WG Bun with Baked Beans Or Garden Vegetable Soup & Cottage Cheese	2 Pizza Or Creamy Broccoli Soup & String Cheese
	Market Cart Salad Bar Featuring			Local Zucchini	
CEP Qualified Schools* – Breakfast and Lunch is FREE For Students	5 Local Summer Veggie Stir Fry with Chicken and Brown Rice Or Creamy Cauliflower Soup w/ String Cheese	6 Penne Pasta with Creamy Alfredo and Chicken Or White Bean And Kale Soup with String Cheese	7 Local Polish Dog, topped with Cheese Or Chili w/ MT Beef & Bison, Lentils, and Homemade Roll	8 Beefy Gravy over Mashed Potatoes Or Tomato Soup and a String Cheese	9 Pizza Or Chicken Noodle Soup & String Cheese
	Market Cart Salad Bar Featuring			Local Lentil Hummus	
Local Now: Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!	12 Fish Sticks with a side of Zucchini/Cabbage Coleslaw Or Creamy Broccoli Soup and String Cheese	13 BBQ Turkey on a Whole Grain Bun Or Split Pea Soup with Cottage Cheese	14 Nachos with Beef, Refried Beans, Sour Cream, Cheese and Salsa Or White Bean And Kale Soup w/ String Cheese	15 <u>Local Mt. Beef Burger</u> or Cheeseburger OR Veggie Burger On A Bun Or Creamy Cauliflower Soup w/ String Cheese	16 Pizza Or Garden Vegetable Soup & Cottage Cheese & Hummus with Zucchini for dipping
	Market Cart Salad Bar Featuring				
Soup comes with salad bar & a whole grain roll - protein options are. beans, cheese, or hummus.	19 Beef Soft-shell Taco w/ Black Beans, Veggies and Cheese Or Chicken Noodle Soup and String Cheese	19 Baked Potato with Sour Cream, Chives, and Roll Or Chili with MT Beef, Bison & Lentils.	20 4 oz Roasted Chicken with BBQ sauce and a WG Roll Or Tomato Soup with Cottage Cheese	21 Sloppy Joe w/ side of peas & carrots Or Chicken and Wild Rice Soup and String Cheese	22 Pizza Or White Bean And Kale Soup & String Cheese
	26 Chicken Nuggets, and WG Roll and Honey Mustard-Sauce Or Garden Vegetable Soup and String Cheese	27 Stir Fry with Orange Chicken, Veggies and Brown Rice Or Chicken Noodle Soup and String Cheese	28 Turkey Corndog and Coleslaw Or Creamy Broccoli Soup and String Cheese	29 Salisbury Streak, Mashed Potatoes Brown Gravy and a WG Roll Or Chicken and Wild Rice Soup and String Cheese	30 Pizza and Zucchini Cake Or Creamy Broccoli Soup & String Cheese
See Breakfast Menu on Reverse Page →	Market Cart Salad Bar Featuring				
	<p>All students must take at least ½ cup of fruit and/or vegetable to complete a school lunch. A School Lunch Includes: (600-650 total calories), 1 cup milk, 1-2oz. protein, 1-2oz. grain, 3/4 cup vegetables, 1/2 cup fruit, Students Must take at least ½ cup of fruit/vegetable.</p>				

Fresh Fruit & Vegetable Bar Menu includes: (not limited to)	Fresh or Canned Apples, Fresh Carrots, Broccoli, Lettuce, Peas, Zucchini and/or Cauliflower, Beans	Fresh Citrus Fruit, Canned Peaches, Fresh Carrots, Celery and Lettuce, Corn, Tomatoes, Garbanzo	Fresh Bananas, Canned Pears, Carrots, Broccoli and Lettuce Mix, Corn, Beans, Peas or Corn	Berries or Grapes, Peas, Fresh Carrots, Celery, Lettuce, Fresh Cucumber, Hummus	Fresh Seasonal Fruit, Citrus Fruit, Corn, Fresh Carrots, Broccoli, Lettuce, Kidney Beans
BREAKFAST in the Cafeteria MENU Free: if eligible Student: \$1.50 Reduced: \$.30 Adult: \$2.00	<u>Pancake</u> OR <u>Whole Grain Cereal</u> and String Cheese with Fresh Seasonal or Canned Fruit and Milk	<u>Homemade Ham n Cheese Pocket</u> OR <u>Homemade Cheesy Egg Wrap</u> with Fresh Seasonal or Canned Fruit and Milk	<u>Whole Grain Cereal</u> Or <u>Oatmeal</u> and String Cheese with Fresh Seasonal or Canned Fruit and Milk	<u>Homemade Muffin-Cake with Yogurt</u> OR <u>Local Breakfast Sausage</u> with Fresh Seasonal or Canned Fruit and Milk	<u>Scrambled Eggs</u> OR <u>WG Cereal & Cheese Stick</u> with Fresh Seasonal or Canned Fruit and Milk
BREAKFAST in the Classroom MENU (Hedges & Elrod 4 -5 grades)	<u>Homemade Morning Bar and Cheese Stick</u> with Apple or other seasonal fruit, and Milk	<u>Benefit Bar</u> with Banana or other seasonal fruit, and Milk	<u>Homemade Muffin and String Cheese</u> with seasonal fruit, and Milk	<u>Ubr Bar</u> With Strawberry Cup and Milk	<u>Waffle and String Cheese</u> with Sliced Oranges or Orange Juice and Milk



September Harvest of the Month: Summer Squash

Every month, KPS highlights a farm fresh fruit, vegetable, or grain in season in Montana. Look for the Harvest of the Month on the lunch menu, in cafeteria taste tests, and take home recipes.

September Harvest of the Month: Summer Squash

Squash have been a part of our agricultural landscape for a long time! Most squash varieties were first grown and developed in America and were later brought to Europe. However, zucchini originated in Italy. Botanically speaking, squashes are the immature fruit of the plant, and you will notice the seeds are inside. Summer squashes are a good source of vitamin C, and contains manganese, potassium, and vitamin B6. Manganese is critical in the formation of bone and to keep your skeleton healthy! Try eating summer squash raw or cooked in pasta salads, baked into zucchini chips, or cut into sticks or rounds to eat with your favorite dip.

Summer squash are a great addition to any garden. Zucchini can be very productive and with any luck you will have enough to share with your neighbors. Summer squash need full sun and plenty of room to grow. Some varieties can be successfully grown in containers or trained to grow up a trellis to take up less space in small gardens.

