

# September 2016

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

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.



## Local Harvest of the Month is Summer Squash

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST:</b> Free if Eligible for Free Lunch Reduced: \$ .30 Student: \$1.50 Adult: \$2.00	Homemade Cheesy Scrambled Egg wrap OR Homemade Muffin/Cake and Yogurt	Pancakes with Cheesy Eggs OR Yogurt Parfait w Fruit and Granola/Kamut	Breakfast Burrito OR Scrambled Eggs and a Homemade Breakfast Bar	French Toast Sticks & FRUIT SMOOTHIE OR Homemade Muffin and Breakfast Sausage Link	Homemade Ham n Cheese Pocket OR Yogurt Parfait with Peaches, Blueberries and Granola/Kamut
	Available Daily: WG Cereals, Ubr Bar, Fresh or Canned Fruit and Milk Choice				
<b>To-Go Breakfast Options</b>	Uber or Benefit Bar, Homemade Muffin/Cake, Bagel & Cream Cheese. All Options come with fruit choice: OJ, Apple Juice or Seasonal Fruit and Milk Choice				
<b>LUNCH:</b> Reduced: \$ .40 Student: \$2.75 Adult: \$3.50  Salad Bar Included with All Lunch Meals  <b>Now Local:</b> Beef, Lentils, Squash, Carrots, Some Breads and Flour And more!	PLEASE JOIN US FOR BREAKFAST OR LUNCH! For Free Lunch Eligibility Call 751-3443, Menu Questions 751-3646				
	29 August  No School PIR/Staff Orientation	30 August  No School PIR/Staff Orientation	31 August  Homemade Macaroni and Cheese with Trees (Broccoli)	1  Homemade Turkey and Vegetable Pot Pie with Cornbread Crust	2  Turkey Hot Dog with Mediterranean Lentil Pasta Salad, with Local Zucchini, and Tomatoes
	Market Cart Salad Bar Featuring		Chilled Mediterranean Lentil Salad with local Zucchini & Tomatoes		
	5  Stir-Fry Brown Rice w/ Chicken, Veggies and Local Zucchini	6  Chicken Fajitas with green peppers and a Side of refried beans w lentils and a Tortilla	7  Breakfast for Lunch w Mini Bagel, local sausage, scrambled eggs & potatoes	8  Salisbury Steak with Baked Red Potatoes	9  Fish Taco w/ Sour Cream & Veggies, Mexicali Corn & Bean salad
	Market Cart Salad Bar Featuring		Lentil Hummus with Dipping Veggies and Pita Wedges		
	12  Lasagna with Meaty-Marinara and veggies	13  Teriyaki Chicken Thigh with Fried Rice	14  Fried Brown Rice With Diced Veggies and Chicken, and an Egg Roll	15  Pulled Pork Sandwiches with BBQ Sauce with Zucchini Pasta salad	16  Stir-Fry Bowl with Rice or Tortilla, Chicken, Stir Fry Veggies
	Market Cart Salad Bar Featuring		Chilled Southwest Lentil Salad with Cilantro, Beans and local tomatoes		
	19  Chicken Broccoli Pesto Over Whole Grain Pasta	20  Whole Meat Chicken Nuggets with Homemade Yogurt-Honey Mustard Sauce	21  Turkey or Chicken and Vegetables Curry with Brown Rice	22  Baked Potato Bar with White Chili with Green Onion and Cornbread	23  Spaghetti with Meaty Tomato Sauce
	26  Sloppy Joes on WG Bun with Coleslaw	27  Southwest Bowl With Rice or Tortilla, Southwest chicken, beans, veggies, sour cream	28  Savory Turkey Gravy over Mash potatoes	29  Hot Meatball Marinara Sandwich	30  Tostada with layers of refried beans, lettuce, sour cream, tomatoes, green onion, corn
	Student Meal Includes: 1 cup milk, 1-2 oz. meat, 1-2 oz. grain, 3/4 cup veggie and 1/2 cup fruit, 600-700 calories				
<b>GRILL MENU</b>	Grilled Chicken Patty with BBQ Sauce	Pizza	MT Beef Burgers	Pizza	MT Beef Burgers
	Cheese Quesadillas		Homemade Pita Pocket		Open-Face Tuna Melt on a Pita
<b>SANDWICH &amp; SALADS*</b>	Caesar Salad with Chicken	Ham and Cheese on Flatbread	Turkey Hoagie	Oriental Salad w Mandarin Oranges	Egg or Tuna - Salad
	Available Daily: Assorted Deli Sandwiches, <b>PB&amp;J</b> , Chef Salad, Spinach Salad				

SALAD BAR - UNLIMITED WITH STUDENT LUNCH !!					
SOUP	Cream of Broccoli or Cheddar Cauliflower	Tomato Basil with Ravolini or Garden Vegetable	Chicken with Wild Rice or Navy Bean	Chili or Cook's Choice	Chicken Noodle Soup or Clam Chowder
	Soup and Salad as a Meal Include Cheese, Homemade Whole Grain Roll, Milk, and Salad Bar				
FRUIT Selection	Apples, Oranges, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Fresh Berries or Grapes, Apples, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Apples, Oranges, Dried Mixed Fruit
SALAD BAR	Available Daily: Romaine Mix, Spinach, Carrots, Different types of Beans, Broccoli, Corn or Peas				
	Variations throughout the week include but are not limited to: bell peppers, zucchini, snow peas, green beans, onions, tomatoes, hummus, cucumber, celery, cauliflower, radishes, and grain salads				

## 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.

### **Recipe:** Fresh Zucchini Salad

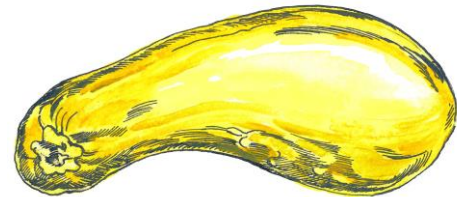
This no-cook recipe is perfect for using produce from your garden.

*Developed by: Morgan Kelly, Montana Dietetic Intern*

*Servings 4*

#### *Ingredients*

3 small zucchini, rinsed, thinly sliced into half moons  
 5-6 radishes, rinsed, thinly sliced crosswise  
 2 carrots, rinsed, thinly sliced crosswise  
 1 tsp chopped garlic  
 2 Tbsp lemon juice  
 2 tsp Dijon mustard  
 1 Tbsp honey  
 1 Tbsp apple cider vinegar  
 Salt and pepper to taste



#### *Preparation*

1. Wash and prepare all vegetables.
2. In salad bowl, mix garlic, lemon juice, mustard, honey, vinegar, salt, and pepper.
3. Toss in chopped vegetables; stir until all vegetables are coated in dressing.
4. Allow to rest in refrigerator for at least 30 minutes, serve.

The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. This program is a collaboration between the Office of Public Instruction, Montana Team Nutrition Program, the National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, and FoodCorps Montana. Funds were provided in part through a USDA Team Nutrition Training grant and a USDA Farm to School grant. USDA is an equal opportunity provider and employer.