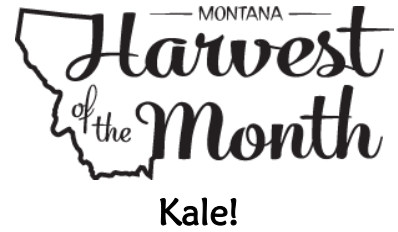




October 2016

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.

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>LUNCH MENU:</p> <p>For Menu Questions or Ideas please call Director or Asst. Director, Jenny or Lorie 406-751-3646. For questions about student accounts or eligibility for free or reduced meals please call Shari at FS Office 406-751-3443. *Community Eligibility Provision Qualified Schools include Hedges, Elrod, Peterson and Russell Elementary</p> <p>Regular Prices Reduced: \$0.40 Student: 2.50 Adult: \$3.50</p> <p>CEP Qualified Schools* – Breakfast and Lunch is FREE For Students</p> <p>Local Now: Carrots Burgers, Lentils, Wheat Montana Rolls, Squash, And more!</p> <p>Soup comes with salad bar & a whole grain roll - protein options are: beans, cheese, or hummus.</p> <p>See Breakfast Menu on Reverse Page →</p>	<p>For Menu Questions or Ideas please call Director or Asst. Director, Jenny or Lorie 406-751-3646. For questions about student accounts or eligibility for free or reduced meals please call Shari at FS Office 406-751-3443. *Community Eligibility Provision Qualified Schools include Hedges, Elrod, Peterson and Russell Elementary</p>					
	3 Chicken Nuggets, and WG Roll and Honey-Mustard Sauce Or Garden Vegetable Soup and Cottage Cheese	4 Beef Soft-shell Taco or Rice Bowl w Ref. Beans, Veggies, Sour Cream, Cheese Or White Bean And Kale Soup with String Cheese	5 <u>National Kale Day!</u> Stir Fry with Kale, Carrots, Chicken and Brown Rice Or Creamy Broccoli Soup and String Cheese	6 French Toast Sticks With Fruit & Local Breakfast Sausage Link Or Tomato Soup with Cottage Cheese	7 Pizza Or Chicken Noodle Soup & Kale Chip Tasting with FoodCorps	
	Market Cart Salad Bar Featuring →					
	10 WG Breaded Chicken Patty On WG Bun with Baked Beans Or White Bean And Kale Soup with String Cheese	11 Penne Pasta with Alfredo Sauce and Chicken Or Garden Vegetable Soup and Cottage Cheese	12 Local Polish Dog, topped with Cheese Or Chili made with MT Beef and Lentils and Mini Cinnamon Twist	13 Turkey Gravy with Mashed Potatoes and Gravy on a Roll Or Split Pea Soup	14 Pizza Or Chicken Noodle Soup	
	Market Cart Salad Bar Featuring → Choose Your Own Adventure Kale Salad					
	17 Turkey Corndog With Fresh Green Salad Or Creamy Cauliflower Soup and String Cheese	18 Southwest Chicken & Rice Bowl With Lettuce, Salsa, Sour Cream, Refried Beans & Lentil Hummus Or Garden Vegetable Soup and String Chees	19 <u>Local MT Beef Burger</u> or Cheeseburger OR Local Lentil Burger On A Bun Or White Bean And Kale Soup with String Cheese	20 No School	21 No School	
	Market Cart Salad Bar Featuring → Hearty School Garden Salad with Winter Greens and Carrots					
	24 Bean and Cheese Burritos with side of Salsa and Sour Cream Or Chicken Noodle Soup and String Cheese MT Crunch Time 2:00pm	25 4 oz Roasted Chicken Drumstick and Rice Pilaf with Peas, Carrots and Shredded Kale Or Tomato Soup with Cottage Cheese	26 Nachos or Taco Salad with Beef/Lentil Crumble, Sour Cream, Lettuce, Corn Chips, Salsa, Veggies, & Lentil Hummus Or Creamy Broccoli Soup and String Cheese	27 Breakfast Sandwich with Egg, Ham and Cheese Or White Bean And Kale Soup with String Cheese	28 Pizza Or Chili made with MT Beef and Lentils	
	31 Sloppy Joe w/ side of peas & carrots or Tomato Soup with Cottage Cheese					
	Market Cart Salad Bar Featuring → Local Kaleslaw					

<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, ¾ cup vegetables, ½ 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>Homemade Muffin</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>Breakfast Burrito</u> with Seasonal or Canned Fruit and Milk	<u>Whole Grain Cereal</u> and Yogurt with Apple Slices or other Seasonal Fruit and Milk	<u>Homemade Muffin</u> with Yogurt OR Local Breakfast Sausage with Fresh Seasonal or Canned Fruit and Milk	<u>Scrambled Eggs</u> and a Whole Grain Cinnamon Twist OR Cereal with Seasonal Fruit and Milk
BREAKFAST in the Classroom MENU (Hedges)	<u>Homemade Breakfast Cookie</u> and String Cheese with Fresh Seasonal Fruit and Milk	<u>Benefit Bar</u> with Local Apple or Apples Slices and Milk	<u>Breakfast Burrito</u> with Orange Juice and Milk	<u>Homemade Peanut Butter Trail Mix Bar*</u> with Banana or Other Seasonal Fruit and Milk <small>*substitution of <u>Benefit Bar</u> in classrooms with peanut allergies</small>	<u>Homemade Muffin and String Cheese</u> with Fresh Seasonal Fruit and Milk



October Harvest of the Month: Kale
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.

This month we are celebrating kale, a champion cold weather vegetable and super nutritious food! It is a tasty addition to salad, soup or can be made into crispy chips too! Kale is an excellent source of vitamins K, A and C. These nutrients are essential for maintaining good health. Kale is also a source of calcium, which is necessary for building strong bones. Two of the things active kids need while growing and playing!

Kale is awesome for Montana gardens and can handle cold weather. After a light freeze it will sweeten, making it a fantastic fall snack for salads, soups, or crispy kale chips.

October 7, 2015 is National Kale Day! How will you be a Kale Hero? For more information visit nationalkaleday.org.

This month, kale from our own school gardens will be featured for lunch throughout the month! Students can vote if they “Tried it, Liked it, or Loved it” after trying the Harvest of the Month item in the cafeterias with new FoodCorps and AmeriCorps Service Members Whitney Pratt and Jessica Ferretti!

Recipes

Choose Your Own Adventure Kale Salad

Round up your favorite ingredients and build a delicious kale salad with this recipe framework.

Source: *City Blossoms* (<http://cityblossoms.org>)

Servings

3- 1 cup servings

Ingredients

3 cups kale

2-3 Tbsp fat – suggestions: avocado, olive oil, vegetable oil, peanut butter, tahini, sunflower seed butter, and almond butter

2-3 Tbsp acid – suggestions: citrus juice (lemon, lime) vinegar (red wine, balsamic, rice, apple cider, etc.)

Salt to taste – miso and soy sauce are also great salt substitutes

Something Sweet: a little bit of honey, agave syrup, orange juice added to your dressing can help balance.

Spices: chili powder, cumin, ground ginger, black pepper, red pepper flakes

Fruits & Vegetables (*fresh or dried*): *Mango, apples, pears, raisins, dried cranberries, coconut, tomatoes, pomegranate seeds, carrots, jicama, shredded beets, olives*
Beans and Seeds: *sunflower, pumpkin (pepitas), flax, chia, garbanzos, lentils*
Grains: *farro, wheat berries, couscous, brown rice, barley*
Herbs: *cilantro, parsley, basil, chives, dill, fennel, mint, thyme*
Cheese: *feta, parmesan, goat cheese, or any cheese cubed or shredded*
Nuts: *almonds, crushed peanuts, pine nuts, walnuts, sunflower seeds*

Preparation

1. Wash kale, trim dried or tough sections, and cut out stems. Cut kale into thin ribbons.
2. Mix fat, acid, and salt in a large bowl.
3. Add kale to bowl, toss with dressing, and massage. Massage the kale by placing the kale-acid-salt mixture in a Ziploc bag and massaging from the outside. The more you massage, the more tender it will be. The dressing should coat the leaves, and the leaves should slightly wilt and turn a more intense green.
4. When the massaging is done, add the pizzazz! Anything you would add to a regular salad can be added to a kale