

October 2016

High School Menu Kalispell Public Schools Food Service

Lunch includes: protein option, whole grain option, seasonal fruit, salad bar, and milk.

Breakfast Includes: protein, grain, milk, and fruit.

Milk Choices: Skim, 1% and skim chocolate

All breads, tortillas and grains are at least 50% whole grain



	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Free – if eligible for free lunch Student: \$1.50 Reduced: \$.30 Adult: \$2.00	Egg, Ham n Cheese English Muffin OR Homemade Muffin with String Cheese	Breakfast Burrito OR Pancakes and an 8 oz Fruit Smoothie	Homemade Ham n Cheese Pocket OR Homemade Muffin with Yogurt	Cheesy Eggs and a Local Breakfast Sausage Link OR Pancakes and an 8 oz Fruit Smoothie	Egg n Cheese English Muffin OR Homemade Muffin and s Smoothie
	Available Daily: Cereal, Seasonal Fresh Fruit, Choice of Milk, Benefit Bar, Yogurt, String Cheese, Hard-Boiled Egg, Whole Grain Fruit Muffin, Whole Grain Bagel with Peanut Butter & Jelly BROWN-BAG TO GO BREAKFAST OPTIONS: Whole Piece of Fruit, Yogurt or String Cheese, Granola Bar or Muffin, and Choice of Milk				
Home Style Cooking Menu LUNCH: For eligibility call 751-3443 Student: \$2.75 Reduced: \$4.00 Adult: \$3.50 Milk \$0.45 Now Local: Burgers Beets, Potatoes, , Pesto, Carrots Lentils, Apples and more!	3 October Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro	4 October Nachos or Burrito Bar with Homemade refried beans, sour cream, salsa, veggies	5 October Breakfast Burrito Bar with Fried Potatoes, Scrambled Eggs, Salsa, Sour Cream, Siracha Sauce	6 <u>October</u> Burrito Bar With Rice or Tortilla, Chicken or Beans, Veggies, sour cream, Siracha Sauce	7 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Mexicali Corn
	Market Cart Salad Bar Featuring Kale Chips				
	10 Burrito Bar With Rice or Tortilla, Chicken or Beans, Veggies, sour cream, avocado	11 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Siracha Sauce	12 National Kale Day! Creamy Vegetarian Lasagna with Fall Veggies (kale)	13 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro	14 World Tastes: Bowl with Rice, Curried Lentil Daal, Warm Pita Wedges, and Cilantro
	Market Cart Salad Bar Featuring Choose Your Own Adventure Kale Salad				
	17 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Cilantro	18 Enchilada Casserole with Rice and Beans, Cilantro, and Kale	19 Pasta Bar Choice of Meaty Marinara or Chicken Alfredo Sauce over Penne Pasta	20 No School PIR Day	21 No School PIR Day
	Market Cart Salad Bar Featuring Hearty Fall Salad with Winter Greens and Carrots				
	24 Burrito Bar With Rice or Tortilla, Chicken or Beans, Veggies, sour cream, Siracha Sauce	25 Burrito Bar or Chicken Fajitas with Green Peppers with beans, veggies sour cream, Siracha	26 Asian Bowl Bar w Chicken, Stir Fry Vegetables (kale), Fried Brown Rice	27 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro	28 Baked Potato Bar with Sour Cream, Chives, Chili, Cheese
	31 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Cilantro				
	A school lunch includes: 750-850 calories: 1 cup milk, 2 oz. protein, 2 oz. grain, 1 cup veg., 1 cup fruit Available Daily: Burrito Bar (BB) includes : Tortilla Wrap or Brown Rice, Choice of Taco Meat and/or SW Chicken, And Beans, Lettuce, Salsa, Onions, Sprinkle of Cheese, Salad Bar, Fruit, Milk				
	Menu subject to change without notice, due to price and availability.				
Grill Menu	Grill Ham & Cheese, or Breaded Chicken Patty & Sweet Potato Fries	Patty Melt Burger or Cheeseburger or Grilled Cheese & Fries	Grilled Chicken Patty, Cheeseburger or Grilled Cheese & Fruit Salad	Local Bratwurst or Cheeseburger & Fries	Grilled Cheese, Pizza Burger & Pasta Salad with Seasonal Veggies
	Available Tuesday - Friday: MT Beef Cheeseburger				
Pizza Menu	Chicken Quesadilla	BBQ Chicken Pizza or Hawaiian Pizza	Chicken-Spinach Pizza	Pesto-Cheese Pizza	Sausage or Mini Pita Pizza
	Available Daily: Cheese & Pepperoni Pizza				

Deli Menu	-Crunch Hawaiian Chicken Wrap -Caesar Salad w/ chicken	- Tuna Salad Sandwich -Greek Salad with Garbanzo and Feta	Spinach Salad with Hard boiled Egg and Cheese -Cran-Walnut Salad	Egg-Salad Sandwich Caesar Salad with Chicken	-Pita Hummus Plate -Taco Salad with WG Chips
	Available Daily: Assorted Deli Sandwiches, PB &J, Veggie Wrap with Hummus & Cheese Deli Salad with Meat & Cheese, Vegetarian Spring Mix & Spinach Salad				
Soup Menu	Garden Vegetable or Chicken Tortilla	Tomato Basil w Raviolini or Split Pea	Chicken Noodle or Vegetarian Vegetable	Homemade Chili or Broccoli Cheddar	Clam Chowder or Chicken with Wild Rice
Soup and Salad as a Full Student Meal come with Milk, Salad Bar, Cheese, Hummus or HB Egg and a Roll, or Slice of Ceres Organic Multigrain Bread.					
Fruit Selection	Apples, Oranges, Bananas	Bananas, Oranges, Strawberries	Grapes, Apples, Bananas	Bananas, Oranges, Other Season Fruit	Apples, Oranges, Other seasonal fruit
Salad Bar	Available Daily: Lettuce Mix, Carrots, Broccoli, Black Beans, Kidney Beans or Garbanzo Beans, Broccoli, Tomatoes, Cucumber, Celery				
	Assorted items available throughout the week: Quinoa, Barley, Lentil Salads, Pasta Salad Potato Salad, Radishes, Snap Peas, Bell Peppers, Celery, Zucchini, Lentil Hummus, Cauliflower, Green Beans, Other Seasonal Vegetables and Fruit				



October Harvest of the Month: Kale

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 5, 2016 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 member Caitlin Coghlan.



Recipe:

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), fl ax, 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