

October 2016

Kalispell Middle School Menu Kalispell Public Schools Food Service

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.



KALE

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Free if Eligible Reduced: \$.30 Student: \$1.50 Adult: \$2.00 <i>Breakfast comes with Choice of Protein, Choice of Grain, Choice of Fruit and Milk</i>	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 Homemade Breakfast Bar	French Toast Sticks & FRUIT SMOOTHIE OR Homemade Muffin/Cake and Breakfast Sausage Link	Homemade Ham n Cheese Pocket OR Yogurt or Oatmeal Bar with Chose Your Own Toppings
	TO-GO Breakfast Options		1. Ubr Bar and String Cheese 2. Homemade Muffin and Yogurt 3. Bagel and PB	All Options come with fruit choice: OJ, Apple Juice or Seasonal Fruit and Milk Choice	
	Available Daily: Assorted Whole Grain Cereals, Ubr Bar, String Cheese, Seasonal Fresh or Canned Fruit or Milk				
LUNCH: Reduced: \$.40 Student: \$2.75 Adult: \$3.50 Salad Bar Included with All Lunch Meals Now Local: Beef, Lentils, Kale, Tomatoes, Squash, Apples 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				
	3 Fried Brown Rice With Diced Veggies, Kale and Chicken	4 Burrito Bar With Rice or Tortilla, Southwest chicken, beans, veggies, sour cream and Siracha Sauce	5 Homemade Macaroni and Cheese with Trees (Broccoli)	6 Homemade Turkey and Vegetable Pot Pie with Cornbread Crust	7 Local Polish Sausage and Kale Chips
	Market Cart Salad Bar Featuring			Kale Chips	
	10 Spaghetti with Meat Sauce and Side of Sautéed Fall Veggies	11 Chicken Fajitas with green peppers and a Side of refried beans	12 Breakfast for Lunch Pancakes and Local Sausage	13 Turkey Gravy with Mashed Potatoes and Corn	14 Stir-Fry Bowl with Rice Chicken, Stir Fry Veggies and Kale
	Market Cart Salad Bar Featuring			Choose Your Own Adventure Kale Salad	
	17 Luscious Lasagna With Kale	18 Burrito Bar with Rice or Tortilla, Southwest Beefy Lentils, Sour Cream, Veggies and Siracha Sauce	19 Baked Chicken Thighs or Drumstick with Roasted Root Vegetables	20 No School PIR DAY	21 No School PIR DAY
	Market Cart Salad Bar Featuring			Hearty Fall Salad with Winter Greens and Carrots	
	24 Chicken Broccoli Pesto Over Whole Grain Pasta	25 Whole Meat Chicken Nuggets with Homemade Yogurt-Honey Mustard Sauce	26 Turkey or Chicken and Vegetables Curry with Brown Rice	27 Baked Potato Bar with Chili, Green Onion, Sour Cream and Cornbread	28 Tostada with layers of refried beans, lettuce, sour cream, tomatoes, green onion, corn
	31 Breakfast for Lunch French Toast Sticks and Scrambled Eggs				
	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				
GRILL MENU	Grilled or Breaded Chicken Patty	Pizza	MT Beef Burgers	Pizza	MT Beef Burgers
	Cheese Quesadillas		Homemade Pita Pocket		Open-Face Tuna Melt on a Pita
SANDWICH & SALADS*	Caesar Salad with Chicken	Ham and Cheese on Flatbread	Turkey Hoagie	Tuna Salad	Egg-Salad
	Available Daily: Assorted Deli Sandwiches, PB&J , 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				

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.

This month, kale from our own school gardens will be featured for lunch throughout the month!

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), 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!