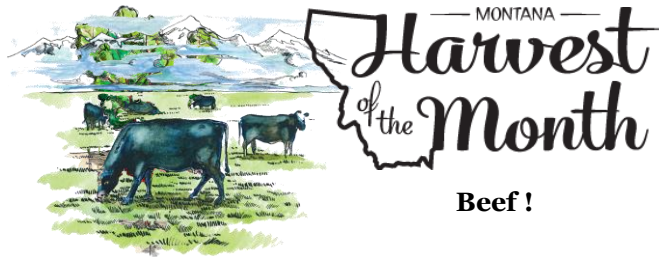


March 2016

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. *This institution is an equal opportunity provider.*



Beef !

	Monday	Tuesday	Wednesday	Thursday	Friday	
BREAKFAST: Free if Eligible Reduced: \$.30 Student: \$1.50 Adult: \$2.00 <i>Breakfast comes with Choice of Protein, Grain, Fruit and Milk</i>	Homemade Ham and Cheese Pocket OR Jessica's Fruit Smoothie and a Homemade Muffin	Homemade Cinnamon Roll With Applesauce	Pancakes with Cheesy Eggs OR Homemade Muffin with Yogurt	Mary's McMuffin OR Homemade Muffin and Hard-Boiled Egg	Homemade Ham n Cheese Pocket OR Yogurt or Oatmeal with Chose Your Own Toppings	
	TO-GO Breakfast Options		1. Ubr Bar or Benefit Bar 2. Homemade Muffin 3. Bagel and Cream Cheese	All Options come with fruit choice: OJ, Apple Juice or Seasonal Fruit and Milk Choice		
	Available Daily: WG Cereals, Homemade WG Muffins, Ubr Bar, Fresh or Canned Fruit and Milk Choice					
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					
		1 Beef Stroganoff with a side of Roasted Local Beets & Vegetables	2 Whole Meat Chicken Nuggets with Homemade Yogurt-Honey Mustard Sauce	3 Homemade Macaroni and Cheese with Trees (Broccoli)	4 <u>Sloppy Joes with Mexicali Corn</u>	
	Market Cart Salad Bar Featuring			Cabbage Slaw		
	7 Spaghetti with Meat Sauce and Side of Sautéed Fall Veggies	8 Taco Salad with Southwest chicken, beans, veggies, sour cream and Siracha Sauce	9 Breakfast for Lunch: <u>Maple-Apple French toast Bake and Local Sausage</u>	10 Salisbury Steak & Mushrooms with Mashed Potatoes and Green Beans	11 Stir-Fry Bowl with Rice, Chicken, & Stir Fry Veggies	
	Market Cart Salad Bar Featuring			Apples with Peanut Butter for dipping		
	14 Chicken Broccoli Pesto Over Whole Grain Pasta	15 Burrito Bar w Rice or Tortilla, Southwest Beef & Lentils, Sour Cream, Veggies and Siracha Sauce	16 Turkey or Chicken and Vegetables Curry with Brown Rice	17 Baked Potato Bar with Chili, Green Onion, Sour Cream and Cornbread	18 Creamy Chicken Alfredo with vegetable	
	Market Cart Salad Bar Featuring			Apples Crisp for Dessert		
	21 Enchilada with refried beans, sour cream, tomatoes, green onion, corn, lettuce	22 Beefy Mushroom Gravy with Mashed Potatoes, Green Beans, and Roll	23 Meaty Tomato Lasagna with Veggies and Mozzarella	24 Taco Salad with beef, beans, veggies, sour cream and Siracha Sauce	25 24 Fish & Chips with Sweet Potatoes and Cole Slaw	
	28 SPRING BREAK!	29	30	31		
	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 Cheese Quesadillas	Pizza	MT Beef Burgers or MT Beef/ Mushroom Burger or Homemade Pita Pocket	Pizza	MT Beef Burgers Open-Face Tuna Melt on a Pita
		SANDWICH & SALADS*	Caesar Salad with Chicken	Ham and Cheese on Flatbread	Turkey Hoagie	Tuna 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				

March Harvest of the Month: BEEF!



March Harvest of the Month: Beef

Keep it moooving! Beef packs a powerful nutritional punch. It is an excellent source of protein for building strong muscles and contains important nutrients like iron and B vitamins. Select lean cuts of beef, trim the fat, and drain cooked ground beef to lower the fat content. There are many ways to cook up a healthy meal with beef. Consider making beef fajitas by piling your favorite veggies in a whole-grain wrap with thinly sliced stir-fried beef.

Montana is home to more cattle than people and ranks 6th in the nation for the number of beef cattle. These bovines have been grazing in our nation's fields since the 1500s! Cattle are ruminants, which means they have four-chambered stomachs that allow them to digest grasses.

This month, beef from {INSERT TOWN OR RANCH HERE IF MONTANA/LOCALLY GROWN} will be featured for {INSERT MEAL} on {INSERT DAY}! Students can vote if they "Tried it, Liked it, or Loved it" after trying the Harvest of the Month item in the {INSERT LOCATION OF VOTING}, *remove this section if you are not conducting a voting or a taste-test*.

