November 2016

MONTANA Harvest of the Month

APPLES!

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
LUNCH MENU:	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				
Regular Prices Reduced: $0.40 Student: 2.75 Adult: $3.50		1 Beef Soft-shell Taco or Rice Bowl w Ref. Beans, Veggies, Sour Cream, Cheese Or Chicken Noodle Soup	2 Stir Fry with Orange Chicken, Veggies and Brown Rice Or Creamy Broccoli Soup and String Cheese	3 Baked Potato with Sour Cream, Chives, and Cornbread Or Chili made with MT Beef and Lentils	4 No School K-5 Only Parent-Teacher Conferences
CEP Qualified Schools* – Breakfast and Lunch is FREE For Students	Market Cart Salad Bar Featuring ➡		Cucumber Apple Salad		
Local Now: Apples, Carrots Burgers, Lentils, Wheat Montana Rolls, Squash, And more!	7 WG Breaded Chicken Patty On WG Bun with Baked Beans Or Garden Vegetable Soup and Cottage Cheese	8 Vegetable Lasagna with Roasted School Garden Squash Or Chicken Noodle Soup and String Cheese	9 Local Polish Dog, topped with Cheese Or Chili made with MT Beef and Lentils and Homemade Roll	10 Breakfast for Lunch with French Toast Sticks with Fruit, Local Sausage and Syrup Or Tomato Basil and Raviolini Soup and String Cheese	11 Pizza Or White Bean And Kale Soup with String Cheese & Apple & Cabbage Slaw
Soup comes with salad bar & a whole grain roll - protein options are. beans, cheese, or hummus.	Market Cart Salad Bar Featuring ➡		Apple & Cabbage Slaw		
	14 Turkey Corndog With Fresh Green Salad Or Garden Vegetable Soup and String Cheese	15 4 oz Roasted Chicken Drumstick and Fried Rice with Veggies Or Tomato Soup with Cottage Cheese	16 Local MT Beef Burger or Cheeseburger OR Local Lentil Burger On A Bun Or White Bean And Kale Soup with String Cheese	17 Southwest Chicken & Rice Bowl With Lettuce, Salsa, Sour Cream, Refried Beans & Lentil Hummus Or Creamy Cauliflower Soup and String Cheese	18 Pizza Or Chicken Noodle Soup & Delicious Local Apple Crisp
See **Breakfast Menu** on Reverse Page ➔	Market Cart Salad Bar Featuring ➡		Local Kaleslaw		
	21 Sloppy Joe with Whole Grain Bun Or Chicken Noodle Soup and String Cheese	22 Turkey Gravy with Mashed Potatoes and Gravy and a Homemade Roll Or Split Pea Soup with Cottage Cheese	23 No School	24 No School Happy Thanksgiving!	25 No School
	28 Chicken Nuggets, and WG Roll and Honey-Mustard Sauce Or Garden Vegetable Soup and Cottage Cheese	29 Local MT Beef Burger Or Cheeseburger OR Local Lentil Burger On a Bun Or Tomato Soup with Cottage Cheese	30 French Toast Sticks With Fruit & Local Breakfast Sausage Link Or Creamy Broccoli Soup and String Cheese		
	Market Cart Salad Bar Featuring ➡		Enjoy your Thanksgiving, don't forget a side of outdoor activity!		

	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, 3/4 cup vegetables, 1/2 cup fruit, Students Must take at least ½ cup of fruit/vegetable.				
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	Pancake OR Whole Grain Cereal and String Cheese with Fresh Seasonal or Canned Fruit and Milk	Homemade Ham n Cheese Pocket OR Homemade Cheesy Egg Wrap with Fresh Seasonal or Canned Fruit and Milk	Whole Grain Cereal or Oatmeal and String Cheese with Fresh Seasonal or Canned Fruit and Milk	Homemade Muffin/Cake with Yogurt OR Local Breakfast Sausage with Fresh Seasonal or Canned Fruit and Milk	Scrambled Eggs or Whole Grain Cereal & String Cheese with Fresh Seasonal or Canned Fruit and Milk
BREAKFAST in the Classroom MENU (Hedges)	Homemade Breakfast Cookie and String Cheese with Fresh Seasonal Fruit and Milk	Benefit Bar with Local Apple or Apples Slices and Milk	Breakfast Burrito Or Bagel with Cream Cheese with Orange Juice and Milk	Ubr Bar or Homemade Peanut Butter Trail Mix Bar* with Banana or Other Seasonal Fruit and Milk *contains peanuts	Homemade Muffin and String Cheese with Fresh Seasonal Fruit and Milk

November Harvest of the Month: Apples

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.

The old saying "an apple a day keeps the doctor away" certainly holds some truth! Apples are an excellent part of a healthy diet by providing fiber, vitamin C, potassium, and other nutrients. Potassium is an electrolyte that is essential to keep your heart beating! Bite into a Montana apple today!

Apple trees are a long-term investment. They can take multiple years to produce fruit after planting. However, they can live up to 100 years old, providing delicious lunchbox treats for generations. There are over 7,500 varieties of apples grown worldwide and 2,500 are grown in the US. However, only a handful of varieties are commonly found in grocery stores today.

This month, apples from our Orchards around Flathead Lake will be featured for lunch throughout the month!