

# November 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	
<b>BREAKFAST:</b> Free – if eligible for free lunch Student: \$1.50 Reduced: \$ .30 Adult: \$2.00	Egg, Ham n Cheese English Muffin <b>OR</b> Homemade Muffin with a String Cheese	Breakfast Burrito <b>OR</b> Pancakes and an 8 oz Fruit Smoothie	Homemade Ham n Cheese Pocket <b>OR</b> Homemade Muffin with Yogurt	Cheesy Eggs and a Local Breakfast Sausage Link <b>OR</b> Pancakes and an 8 oz Fruit Smoothie	Egg n Cheese English Muffin <b>OR</b> Homemade Muffin with a String Cheese	
	Available Daily: Cereal, Seasonal Fresh Fruit, Choice of Milk, Ubr Bar or Benefit Bar, Hard-Boiled Egg, Whole Grain Fruit Muffin, Whole Grain Bagel with Cream Cheese <b>TO GO BREAKFAST OPTIONS: Whole Piece of Fruit, Granola Bar or Muffin, and Choice of Milk</b>					
<b>Home Style Cooking Menu</b>  <b>LUNCH:</b> For eligibility call 751-3443 Student: \$2.75 Reduced: \$.40 Adult: \$3.50 Milk \$0.45  <b>Now Local:</b> Burgers Beets, Potatoes, , Pesto, Carrots Lentils, Apples and more!	Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro	1 Nachos or Burrito Bar with Homemade refried beans, sour cream, salsa, veggies	2 Tator Tot Casserole with Cheese, Green Beans, Sour Cream	3 Burrito Bar With Rice or Tortilla, Chicken or Beans, Veggies, sour cream, Siracha Sauce	4 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Mexicali Corn	
	Market Cart Salad Bar Featuring			Apple-Cabbage Slaw		
	7 Burrito Bar With Rice or Tortilla, Chicken or Beans, Veggies, sour cream, avocado	8 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Siracha Sauce	9 Creamy Vegetarian Lasagna with Fall Veggies	10 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, cilantro	11 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Mexicali Corn	
	Market Cart Salad Bar Featuring			Cucumber Apple Salad		
	14 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Cilantro	15 Cheese and Beef Enchilada Casserole with Sides of Rice and Beans	16 Pasta Bar Choice of Meaty Marinara or Chicken Alfredo Sauce over Penne Pasta	17 Burrito Bar With Rice or Tortilla, Chicken or Beans, Veggies, sour cream, Siracha Sauce	18 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Mexicali Corn	
	Market Cart Salad Bar Featuring			Hearty Fall Salad with Winter Greens and Carrots		
	21 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Cilantro	22 T-Day Buffet Turkey, Mashed Potatoes, Chef's Choice Veggies, Cranberries and Homemade Roll	No School – Happy Thanksgiving			
	28 Burrito Bar With Rice or Tortilla, Beef or Beans, Veggies, sour cream, Cilantro	29 Cheese and Beef Enchilada Casserole with Sides of Rice and Beans	30 Pasta Bar Choice of Meaty Marinara or Chicken Alfredo Sauce over Penne Pasta			
	A school lunch includes: 750-850 calories: <b>1 cup milk, 2 oz. protein, 2 oz. grain, 1 cup veg., 1 cup fruit</b> 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					
	<b>Menu subject to change without notice, due to price and availability.</b>					
<b>Grill Menu</b>	Grill Ham & Cheese, or Breaded Chicken Patty & Veggie Side Salad	Cheeseburger, Mushrooms Burger 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					
<b>Pizza Menu</b>	Chicken Quesadilla	BBQ Chicken Pizza or Hawaiian Pizza	Chicken-Spinach Pizza	Pesto-Ranch Pizza	Sausage or Mini Pita Pizza	
	Available Daily: Cheese & Pepperoni Pizza					

<b>Deli Menu</b>	-Crunch Hawaiian Chicken Wrap -Caesar Salad w/ chicken	- Tuna Salad Sandwich -Greek Salad with Garbanzo and Feta	Spinach Salad with Hardboiled 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				
<b>Soup Menu</b>	Garden Vegetable or Chicken Tortilla	Beef and Barley 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.					
<b>Fruit Selection</b>	Apples, Oranges, Bananas	Bananas, Oranges, Strawberries	Grapes, Apples, Bananas	Bananas, Oranges, Other Season Fruit	Apples, Oranges, Other seasonal fruit
<b>Salad Bar</b>	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				

## November Harvest of the Month: Apples



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! 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:

#### Apple ‘N Cabbage Slaw

Serve as a tasty side dish or as a colorful addition to sandwiches!

Source: Picture the Recipe (<http://picturetherecipe.com>)

Servings 4

#### Ingredients

- 2 cups red cabbage
- 1 cup green cabbage or lettuce
- 1 1/2 apples (recommended: golden delicious)
- 2 carrots (about 1 cup)
- 3 green onions
- 1-2 Tbsp of cilantro
- 2 Tbsp oil
- 2 Tbsp honey
- 2 Tbsp apple cider vinegar
- Juice of one lime (about 1 Tbsp)
- Salt & pepper to taste
- Optional: Dash of cayenne



#### Preparation

1. Shred the cabbage into fine strips. Measure cabbage or lettuce and add to a large mixing bowl.
2. Grate the carrots using a big holed grater and add to the bowl along with sliced green onions.
3. Finely chop a small handful of cilantro and add it to the salad mix.
4. Lastly, cut the apples into thin match-stick pieces and add it to the salad. Don't cut the apples until you're ready to dress the salad since they will turn brown. Toss everything together well.
5. For the dressing start with the salad oil in a jar or a bowl.
6. Add the honey, apple cider, lime juice, salt, pepper, and a light dusting of cayenne to the oil.
7. Put the lid on and shake the dressing (if you're using a bowl simply whisk it with a fork) until the oil and other liquids are mixed well.
8. Drizzle over the salad and toss well until everything is coated in the dressing.
9. Serve chilled

