

November 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.



APPLES!

	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 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 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, 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 Burrito Bar w Rice or Tortilla, Southwest chicken, beans, veggies, sour cream and Siracha Sauce	2 Homemade Macaroni and Cheese with Trees (Broccoli)	3 Whole Meat Chicken Nuggets with Homemade Yogurt-Honey Mustard Sauce	4 <u>Local Polish Sausage with Apple & Cabbage Slaw</u>
	Market Cart Salad Bar Featuring			Apple-Cabbage Slaw	
	7 Shepards Pie	8 Chicken Fajitas with green peppers and a Side of refried beans	9 Breakfast for Lunch: <u>Maple-Apple French toast Bake and Local Sausage</u>	10 Salisbury Steak with Mashed Potatoes and Green Beans	11 Stir-Fry Bowl with Rice, Chicken, & Stir Fry Veggies
	Market Cart Salad Bar Featuring			Local Apples with Peanut Butter for dipping	
	14 Beef Stroganoff With Corn	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 Tostada with layers of refried beans, sour cream, tomatoes, green onion, corn, lettuce
	Market Cart Salad Bar Featuring			Local Apple Crisp for Dessert	
	21 Chicken Broccoli Pesto Over Whole Grain Pasta	22 Turkey Gravy with Mashed Potatoes, Green Beans, Cranberry Sauce and Homemade Roll	No School – Enjoy Thanksgiving!		
	28 Fried Brown Rice with Diced Veggies and Teriyaki Chicken	29 Spaghetti With Meat Sauce and Veggies	30 Whole Meat Chicken Nuggets with Homemade Yogurt Honey Mustard Sauce		
	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 Homemade Pita Pocket	Pizza	MT Beef Burgers Cheese Quesadilla	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 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 Raviolini 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				

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:

Easy Applesauce

Get kids involved in mashing apples for a fun and easy treat.
Source: Harvest for Healthy Kids
(www.harvestforhealthykids.org)
Serves 4-6

Ingredients

4 medium apples (recommended: Fuji or Gala variety)
1 cup water
1/4 tsp cinnamon
1/8 tsp nutmeg

Preparation

1. Peel and slice apples, removing the core. Leaving the peel on will result in chunkier applesauce and will retain more nutrients and color.
2. Place in pot.
3. Add water, cinnamon, and nutmeg.
4. Bring to a boil and let simmer until mushy.
5. Let children use a masher to mash up the apples into a sauce.
6. Set aside and let cool.
7. Serve warm or chilled

Apple ‘N Cabbage Slaw

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

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

Serves 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