

Missoula County Public Elementary Schools

April 2017

LUNCH

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
WG Chicken Tenders 7 (S) Dipping Sauces 7 V (S) Mashed Potatoes 17 (S) V Fruit & Vegetable Salad Bar (G)	RF Doritos WG Walking Taco with meat and cheese 27 (S) Fruit & Vegetable Salad Bar (G)	Sausage and cheese breakfast English muffin 23 (S) Hash brown patties 13 V Fruit & Vegetable Salad Bar (G)	French Fried Potato with Handmade Chili and Cheese 31 (S) Fruit & Vegetable Salad Bar (G)	Meatball Sub Sandwich on a WG Bun 44 (S) Baked from scratch WG Chocolate Chip Cookie 21 (S) Fruit & Vegetable Salad Bar (G)
10	11	12	13	14
Tangerine Chicken 14 Handmade WG Rice Pilaf 16 V Fruit & Vegetable Salad Bar (G)	Pinto Bean and Cheese WG Burrito 33 V (S) Fruit & Vegetable Salad Bar (G)	WG Handmade Cheese (V) or Pepperoni Pizza with a 3-cheese blend 22 (S) Fruit & Vegetable Salad Bar (G)	Hot Dog on a WG Bun 30 (S) Handmade Baked Beans 22 (S) Fruit & Vegetable Salad Bar (G)	American Goulash with beef and macaroni 43 (S) Baked from scratch WG Chocolate Daisy Cake 22 Fruit & Vegetable Salad Bar (G)
17	18	19	20	21
Handmade Macaroni and Cheese 25 (W) Baked from scratch WG Honey Wheat Roll 24 (S) Fruit & Vegetable Salad Bar (G)	Chicken Taco on a WG Tortilla 26 (S) Sweet Corn 14 V (G) Fruit & Vegetable Salad Bar (G)	Teriyaki Chicken 14 Handmade WG Rice Pilaf 16 V Fruit & Vegetable Salad Bar (G)	Fresh Sub Sandwich on baked from scratch WG Bread (S) 48 Fruit & Vegetable Salad Bar (G)	WG Toasted Cheese Sandwich 25 V (W) Tomato Soup 16 V (S) Fruit & Vegetable Salad Bar (G)
24	25	26	27	28
NO SCHOOL	Chicken Sandwich on a WG Bun 44 (G) Fruit & Vegetable Salad Bar (G)	WG Handmade Cheese (V) or Pepperoni Pizza with a 3-cheese blend 22 (S) Fruit & Vegetable Salad Bar (G)	Beef Hamburger on WG Bun 35 (S) Baked from scratch WG Apple Crisp 37 (S) Fruit & Vegetable Salad Bar (G)	Handmade Chicken and Noodle Pasta 24 (S) Fruit & Vegetable Salad Bar (G)
Fruit & Vegetable Salad Bar (G)	Fruit & Vegetable Salad Bar (G)	Fruit & Vegetable Salad Bar (G)	Fruit & Vegetable Salad Bar (G)	Fruit & Vegetable Salad Bar (G)

Offered Every Day

Choice of 100% Fruit Juice
Choice of Milk (1%, Skim, Chocolate Skim)
WG Peanut Butter & Jelly Sandwich with Sunflower Seeds or Cheese Stck (S)
Fresh Deli Sandwich (S)
Chef Salad (veggies, ham, cheese, or sunflower seeds and croutons) (S)



April: GRAINS

- Many grains and cereal crops are grown in Montana's fields such as wheat, barley, and corn.
- All these grains are very important for our economy. In 2013, wheat production was valued over \$1.3 billion, which includes 203,070,000 bushels, making Montana the 3rd top producer of wheat in the country!
- The process of refining grains to make flour and other products removes the fiber and some of the nutrients, such as B vitamins, from the grain. These nutrients, especially fiber, are vital for a healthy digestive system. Therefore, select at least half of your grains from whole grain sources. Whole grain sources include whole wheat bread, oatmeal, whole corn, and hulled barley.
- See how many different types of grains you can try this month! From purple barley to Kamut wheat to red corn, there are many interesting options to keep your grains varied.



News from MCPS Food & Nutrition Services

- Check out our updated MCPS Food & Nutrition Services website! We now have additional information about our meal programs and prices, menus, farm to school efforts, helpful links, news, and a staff directory. <http://www.mcpsmt.org/domain/841>

*Students must take at least 1/2 cup of fruit or vegetables to make their lunch a healthy meal!
 *When possible, MCPS sources local ingredients into the menu and salad bar.
 *Eat more go foods than slow foods, and eat more slow foods than whoa foods for a healthy happy heart!
 * Menu is subject to change without notice

WG: Whole Grain
V: Vegetarian
GF: Gluten Free
(G) Go Foods
(S) Slow Foods
(W) Whoa Foods



Forward Thinking, High Achieving.



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BREAKFAST

Mon	Tue	Wed	Thu	Fri
3 Wholesome Oat Breakfast Bar 24 V String Cheese 1 V Fruit Juice & Milk (G)	4 WG Blueberry Pancakes 34 V Fruit Juice & Milk (G)	5 WG Maple Waffles 35 V Fruit Juice & Milk (G)	6 WG Sausage biscuit sandwich Fruit Juice & Milk (G)	7 Baked from scratch WG Banana Bread 22 V Fruit Juice & Milk (G)
10 Nature Valley Breakfast Bar 29 V Variety of Yogurt 18 V Fruit Juice & Milk (G)	11 Cold Cereal 23 V Animal crackers 22 V Fruit Juice & Milk (G)	12 WG Cinnamon Glazed French Toast sticks 33 V Fruit Juice & Milk (G)	13 WG Egg and Cheese English Muffin 26 Fruit Juice & Milk (G)	14 Baked from scratch WG Cinnamon Roll 57 V Fruit Juice & Milk (G)
17 WG Cinnamon Pop Tart 37 Variety of Yogurt 18 V Fruit Juice & Milk (G)	18 WG Blueberry Pancakes 34 V Fruit Juice & Milk (G)	19 WG Cinnamon Glazed French Toast sticks 33 V Fruit Juice & Milk (G)	20 WG Pancake Wrapped Sausage 21 Fruit Juice & Milk (G)	21 Baked from scratch WG Zucchini Bread 27 Fruit Juice & Milk (G)
24 NO SCHOOL Fruit Juice & Milk (G)	25 Nature Valley Breakfast Bar 29 V Variety of Yogurt 18 V Fruit Juice & Milk (G)	26 WG Maple Waffles 35 V Fruit Juice & Milk (G)	27 WG Breakfast Burrito 26 Fruit Juice & Milk (G)	28 Baked from scratch WG Pumpkin Choc Chip Muffin 56 V Fruit Juice & Milk (G)
Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)

Offered Every Day
Choice of 100% Fruit Juice
Choice of Milk (1%, Skim, Chocolate Skim)



Recipe Inspiration: Oatmeal On-The-Go Breakfast Bars!

Adapted from Weelicious.com

Servings: 18 bars

Ingredients:

- 2 cups old fashioned oats
- 2 cup whole wheat flour
- 1 1/2 tsp cinnamon
- Pinch of salt
- 1 tsp baking powder
- 1 1/2 cup milk or water
- 1/4 cup brown sugar
- 1/2 cup applesauce (or baked squash or pumpkin puree)
- 1 large egg
- 1 tsp vanilla
- 3/4 cup dried fruit (cranberries, raisins, cherries, etc.) optional
- 1/2 cup nuts (walnuts, sunflower seeds, pumpkin seed, etc.) optional

Preparation:

1. Preheat oven to 375 degrees F.
2. Place the oats, flour, cinnamon, salt, and baking powder in a bowl and stir to combine.
3. In a separate bowl, mix the milk, applesauce, egg, sugar, and vanilla.
4. Pour the dry ingredients into the wet mixture, stir to combine and then stir in the dried fruits and nuts.
5. Pour the oatmeal mixture into a greased 9 by 11 inch baking dish.
6. Bake for 30 minutes or until thickened and golden.
7. Cool and cut into squares, and serve.
8. Enjoy!



*Students must take at least two breakfast items to make a complete healthy breakfast!

*When possible, MCPS sources local ingredients into the menu and salad bar.

*Eat more go foods than slow foods, and eat more slow foods than whoa foods for a healthy happy heart!

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