

Missoula County Public Elementary Schools

JUNE 2017

LUNCH

Mon	Tue	Wed	Thu	Fri
	<p>Have a great summer and we will see you back at school on Monday August 28th!</p>		1	2
			<p>Beef Soft Taco on WG Tortilla with lettuce and cheese 26 (S)</p>	<p>WG Italian Dippers with Handmade Tomato Sauce 52 V (G)</p>
5	6	7	8	9
<p>Pinto Bean and Cheese WG Burrito 33 V (S)</p> <p>Baked from scratch WG Snickerdoodle 24 (S)</p>	<p>Beef Hamburger on WG Bun 35 (S)</p>	<p>WG Handmade Cheese (V) or Pepperoni Pizza with a 3-cheese blend 22 (S)</p>	<p>WG Baked Corn Dog 34 (S)</p> <p>Dipping Sauces 7 V (S)</p>	<p>LAST DAY OF SCHOOL</p>
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 Stick (S)
 Fresh Deli Sandwich (S)
 Chef Salad (veggies, ham, cheese, or sunflower seeds and croutons) (S)



June: Leafy Greens!

- Leafy greens, including lettuce, chard, bok choy, spinach, and collards are easy to grow and easy to eat.
- It's no wonder that the average American eats about 30 pounds of lettuce every year!
- These greens are tasty when eaten both raw or cooked.
- Make a "Green Monster Smoothie" by adding fresh spinach or chard to your favorite smoothie and turning it green!
- Most greens are good sources of folate, vitamin A, vitamin C, calcium, and potassium. Many greens also provide vitamin K, which helps the body stop cuts and scrapes from bleeding too much and starts the healing process.



- Although greens are not a large part of Montana's agricultural economy, they are perfect for gardens as they are frost tolerant, and easy to grow.
- Fast growing greens like lettuce and spinach are often the first local veggies available in the spring.



MCPS Summer Food Service Program

Food that's in when school is out!

Summer meals are available to all kids age 18 and younger at no cost. No sign-ups, no paperwork, no gimmicks! Just show up at one of the locations below.

Jefferson Elementary School, 1700 South Ave Street West

Breakfast 8:30 a.m.-10:00 a.m.

Lunch 11:00 a.m.-1:00 p.m.

Head Start, 1001 Worden Avenue

Breakfast 8:30 a.m.-10:00 a.m.

Lunch 11:00 a.m.-1:00 p.m. (Meals will be served at the east end of the building if the weather is nice.) **June 12th through August 11th**

Russell Elementary School, 3216 Russell Street

Breakfast 8:30 a.m.-10:00 a.m.

Lunch 11:00 a.m.-1:00 p.m.

Chief Charlo Elementary School, 5600 Longview Drive

Breakfast 8:30 a.m.-10:00 a.m.

Lunch 11:00 a.m.-1:00 p.m.

The program starts Monday June 12th, and runs through August 18th!



*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!

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
	<p>Have a great summer and we will see you back at school on Monday August 28th!</p>		1 Hostess Choice	2 Baked from scratch WG Cinnamon Roll 57 V
Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)
5 Hostess Choice	6 Hostess Choice	7 Hostess Choice	8 Hostess Choice	9 Hostess Choice
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: Blueberry Spinach Smoothie

This recipe is great for improvisation and the types of berries, milk, fruit, or greens could be changed to suit your liking. Have fun experimenting with different combinations!



Source: Aubree Roth, Montana Farm to School Coordinator

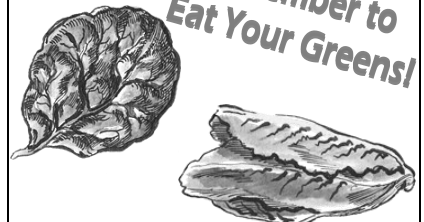
Servings: 2- 14oz. Smoothies
Ingredients:

- 1 cup fresh spinach, packed
- 2 cups frozen blueberries
- 1 1/2 cup milk (any type you prefer)
- 1 tbsp honey
- **Optional:** Other mixtures of berries, fruit, ginger, cinnamon, or whatever you enjoy!

Preparation

1. Rinse spinach and shake off excess water.
2. Add spinach, blueberries, milk, and honey to blender in that order. If the spinach is put in last it will be difficult to blend.
3. Blend until smooth, stopping to stir ingredients or scrape sides of blender as needed.
4. Add additional milk to thin as desired.
5. Pour into glasses and enjoy for breakfast or as a healthy snack!

**Remember to
Eat Your Greens!**



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

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