

Missoula County Public Elementary Schools

March 2017

LUNCH

Mon	Tue	Wed	Thu	Fri
		1	2	3
Fruit & Vegetable Salad Bar (G)	Fruit & Vegetable Salad Bar (G)	WG Handmade Cheese (V) or Pepperoni Pizza with a 3-cheese blend 22 (S)	Handmade Chicken Noodle Soup 12 (G) Baked from scratch WG Dinner Roll 19 (G)	WG Whole Filet Fish Sticks 23 (S) Tartar Sauce (S) Coleslaw 3 V (S)
6	7	8	9	10
Tangerine Chicken 14 Handmade WG Rice Pilaf 16 V	Pinto Bean and Cheese WG Burrito 33 V (S) Sweet Corn 14 V (G)	Handmade Bean and Meat Chili with cheese 25 GF (G) Baked from scratch WG Cinnamon Roll 57 (G)	Chicken Sandwich on a WG Bun 44 (G)	WG Italian Dippers with Handmade Tomato Sauce 52 V (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)
13	14	15	16	17
WG Baked Corn Dog 34 (S) Dipping Sauces 7 V	Beef Soft Taco on WG Tortilla with lettuce and cheese 26 (S) Baked from scratch WG Cinnamon Stick 18 (G)	WG Handmade Cheese (V) or Pepperoni Pizza with a 3-cheese blend 22 (S)	Fresh Deli Sandwich on a WG Bun 30 (S) Baked from scratch WG Chocolate Chip Cookie 21 (S)	NO SCHOOL
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)
20	21	22	23	24
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
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)
27	28	29	30	31
WG Chicken Tenders 7 (S) Dipping Sauces 7 V (S) Mashed Potatoes V 17 (S)	Beef Sloppy Joe Sandwich on a whole grain bun 45 (S) Baked from scratch WG Snickerdoodle 24 (S)	WG Handmade Cheese (V) or Pepperoni Pizza with a 3-cheese blend 22 (S)	Beef Hamburger on WG Bun 35 (S) Handmade Baked Beans 28 (S)	Handmade Chicken Enchilada 60 (S) Fiesta Rice V 25 (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)

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)



March: BEEF

- Keep it moooving! Beef packs a powerful nutritional punch. It is an excellent source of protein for building strong muscles and contains important nutrients like iron and B vitamins.
- Select lean cuts of beef, trim the fat, and drain cooked ground beef to lower the fat content.
- There are many ways to cook up a healthy meal with beef. Consider making beef fajitas by piling your favorite veggies in a whole-grain wrap with thinly sliced stir-fried beef.
- Montana is home to more cattle than people and ranks 6th in the nation for the number of beef cattle.
- Cattle are ruminants, which means they have four-chambered stomachs that allow them to digest grasses.



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.



Missoula County Public Elementary Schools

March 2017

BREAKFAST

Mon	Tue	Wed	Thu	Fri
		1	2	3
		WG Maple Waffles 35 V	WG Pancake Wrapped Sausage 21	Baked from scratch WG Banana Bread 22 V
Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)
6	7	8	9	10
Wholesome Oat Breakfast Bar 24 V	Cold Cereal 23 V	WG Cinnamon Glazed French Toast 33 V	WG Lil Cinnamon John 15 V	Baked from scratch WG Blueberry Muffin 38 V
String Cheese 1 V	Animal crackers 22 V		String Cheese 1 V	
Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)
13	14	15	16	17
Nature Valley Breakfast Bar 29 V	WG Blueberry Pancakes 34 V	WG Maple Waffles 35 V	Baked from scratch WG Cinnamon Roll 57 V	NO SCHOOL
Variety of Yogurt 18 V				
Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)
20	21	22	23	24
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)	Fruit Juice & Milk (G)
27	28	29	30	31
WG Cinnamon Pop Tart 37	WG Egg and Cheese English Muffin 26	WG Cinnamon Glazed French Toast 33 V	WG Breakfast Burrito 26	Baked from scratch WG Pumpkin Choc Chip Muffin 33 V
Variety of Yogurt 18 V				
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: Beef and Broccoli Bowl

(adapted from Cooking Light)

This recipe can be made with the help of young children. They can take turns measuring the ingredients and reading the steps and will be excited to share the finished product with family members!

Servings: 4
Ingredients:

- Cooked rice, soba noodles, or rice noodles
- 1/4 cup lower-sodium soy sauce
- 1 tbsp. cornstarch
- 1 tbsp. hoisin sauce
- 1 (12 oz.) boneless sirloin steak, cut into thin strips
- 2 tsp canola oil
- 2 cups broccoli florets
- 1 cup sliced red onion
- 1 cup chopped carrot
- 1/2 cup water
- 2 tsp sesame oil
- 1/3 cup sliced green onions

Directions:

1. Cook rice or noodles according to the package directions.
2. Combine soy sauce, cornstarch, and hoisin sauce in a medium bowl to create a marinade. Add beef, toss to coat, and set aside.
3. Heat oil in a large skillet on high heat, swirl to coat.
4. Using a slotted spoon or tongs, move beef to pan, reserving marinade. Cook 2 minutes or until browned, stirring occasionally. Remove beef from pan.
5. Add broccoli, onion, and carrot to pan; cook 4 minutes or until broccoli is crisp-tender, stirring occasionally. Add reserved marinade and bring to a boil. Cook 1 minute.
6. Add beef and cook 1 minute, or until thoroughly heated.
7. Sprinkle with green onions. Serve over rice or noodles.

*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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