

Missoula County Public Elementary Schools

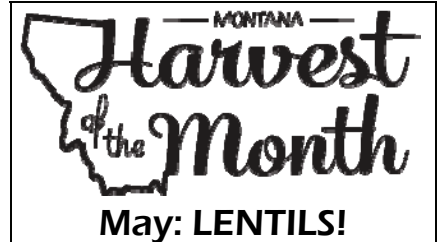
May 2017

LUNCH

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
WG Baked Corn Dog 34 (S) Dipping Sauces 7 V (S) Fruit & Vegetable Salad Bar (G)	Handmade Bean and Meat Chili with cheese 25 GF (G) WG Corn Bread 22 (S) Fruit & Vegetable Salad Bar (G)	Handmade Chicken Noodle Soup 12 (G) Baked from scratch WG Dinner Roll 19 (S) Fruit & Vegetable Salad Bar (G)	BBQ Rib Sandwich on WG Bun 51 (S,G) Fruit & Vegetable Salad Bar (G)	Chicken Taco on a WG Tortilla 26 (S) Baked from scratch WG Cinnamon Stick 18 (G) Fruit & Vegetable Salad Bar (G)
8	9	10	11	12
Handmade Macaroni and Cheese 25 (W) Fruit & Vegetable Salad Bar (G)	Beef Hamburger on WG Bun 35 (S) Handmade Baked Beans 22 (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)	Enchilada 19 (S) Fiesta Rice V 25 (S) Fruit & Vegetable Salad Bar (G)	Roasted Turkey and Handmade Gravy 9 (S) Mashed Potatoes V 17 (S) Fruit & Vegetable Salad Bar (G)
15	16	17	18	19
Tangerine Chicken 14 Handmade WG Rice Pilaf 16 V Fruit & Vegetable Salad Bar (G)	RF Doritos WG Walking Taco with meat and cheese 26 (S) Fruit & Vegetable Salad Bar (G)	Fresh Sub Sandwich on baked from scratch WG Bread (S) 48 Fruit & Vegetable Salad Bar (G)	Chicken Sandwich on a WG Bun 44 (G) Baked from scratch WG Chocolate Daisy Cake 22 (S) Fruit & Vegetable Salad Bar (G)	WG Spaghetti w/ Meatballs & Handmade Tomato Sauce 53 (S) Baked from scratch WG French Bread G Fruit & Vegetable Salad Bar (G)
22	23	24	25	26
Pinto Bean and Cheese WG Burrito 33 V (S) Baked from scratch WG Confetti Cookie Fruit & Vegetable Salad Bar (G)	Hot Dog on a WG Bun 30 (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)	WG Grilled Cheese Sandwich 25 (S) Hearty Vegetable Soup 31 V (G) Fruit & Vegetable Salad Bar (G)	NO SCHOOL
29	30	31		
NO SCHOOL	WG Tostitos Super Nachos with cheese sauce, taco meat 38 (S) Fruit & Vegetable Salad Bar (G)	WG Chicken Tenders 12 (S) Dipping Sauces 7 V (S) Mashed Potatoes 20 (S) V 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)



- Could you guess that the lentil was one of the first crops cultivated by humans? Today, Montana is the top producer of lentils in the United States, producing nearly 40% of the lentils grown in the United States on 140,000 acres.
- Lentils are available in many varieties such as red, French Green, and Black Beluga® so you can eat a lentil rainbow!
- Like other legumes, lentils add nitrogen to the soil, improving soil health. This makes them a good rotational crop with wheat and other grains.
- These little gems are healthy for human bodies too! They are an excellent source of fiber and a good source of potassium, protein, iron, and vitamin B6.
- Gram for gram, lentils provide more potassium than bananas, more iron than ground beef, and have more antioxidants than blueberries!
- Lentils are very versatile and can be added to soups, salads, wraps, and even baked goods as a puree.



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



Missoula County Public Elementary Schools

May 2017

BREAKFAST

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
WG Cinnamon Pop Tart 37 String Cheese 1 V Fruit Juice & Milk (G)	WG Blueberry Pancakes 34 V Fruit Juice & Milk (G)	WG Cinnamon Glazed French Toast Sticks 38 V Fruit Juice & Milk (G)	WG Pancake Sandwich 17 Fruit Juice & Milk (G)	Baked from scratch WG Banana Bread 22 V Fruit Juice & Milk (G)
8	9	10	11	12
Nature Valley Breakfast Bar 29 V Variety of Yogurt 18 V Fruit Juice & Milk (G)	Cold Cereal 23 V Animal crackers 22 V Fruit Juice & Milk (G)	WG Maple Waffles 35 V Fruit Juice & Milk (G)	WG Lil Cinnamon John 15 V String Cheese 1 V Fruit Juice & Milk (G)	Baked from scratch WG Cinnamon Roll 57 V Fruit Juice & Milk (G)
15	16	17	18	19
WG Cinnamon Pop Tart 37 Variety of Yogurt 18 V Fruit Juice & Milk (G)	WG Maple Pancakes 34 V Fruit Juice & Milk (G)	WG Cinnamon Glazed French Toast 33 V Fruit Juice & Milk (G)	WG Breakfast Burrito 26 Fruit Juice & Milk (G)	Baked from scratch WG Blueberry Muffin 38 V Fruit Juice & Milk (G)
22	23	24	25	26
Nature Valley Breakfast Bar 29 V Variety of Yogurt 18 V Fruit Juice & Milk (G)	WG Blueberry Pancakes 34 V Fruit Juice & Milk (G)	WG Maple Waffles 35 V Fruit Juice & Milk (G)	Baked from scratch WG Choc Chip Muffin 33 V Fruit Juice & Milk (G)	NO SCHOOL Fruit Juice & Milk (G)
29	30	31		
NO SCHOOL Fruit Juice & Milk (G)	WG Cinnamon Pop Tart 37 Variety of Yogurt 18 V Fruit Juice & Milk (G)	WG Maple Pancakes 34 V Fruit Juice & Milk (G)		

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



Recipe Inspiration: Lentil Squash Hummus

With a little prep, this hummus is a quick and healthy snack. Try it with different veggies to find your favorite combination! Peas or cooked beets can be substituted for winter squash.
Source: Kalispell Public Schools

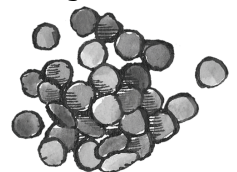
Servings: Makes 4 cups

Ingredients:

- 2 tbsp lemon juice
- 2 tbsp tahini
- 1-3 cloves garlic (to your taste)
- 3/4 tsp salt
- 1 (15 ounce) can garbanzo beans, drained
- 1 cup cooked lentils
- 1 tbsp. extra-virgin olive oil
- 1 1/2 cups baked pumpkin or winter squash
- 1 tsp ground cumin
- Optional spices: dash of paprika, black pepper, or za'atar

Directions:

1. Pulse lemon juice, tahini, garlic, and salt together in a food processor or blender until smooth.
2. Add garbanzo beans, lentils, and olive oil. Pules until smooth. Add squash, cumin, and spices. Process until well-blended. If hummus is too thick, add 2 tablespoons of water or an additional tablespoon of olive oil.
3. Transfer hummus to a container with a lid and refrigerate at least 2 hours before serving.
4. Store in airtight container in refrigerator.



*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!

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



Forward Thinking. High Achieving.



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