

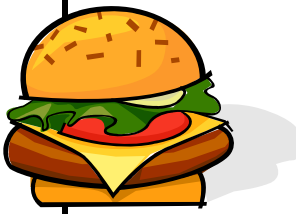


# OCTOBER 2009 LUNCH MENU

MISSOULA COUNTY PUBLIC SCHOOLS – ELEMENTARY & MIDDLE SCHOOL MENU  
 ELEMENTARY STUDENT LUNCH \$1.90 MIDDLE STUDENT LUNCH \$2.00 ADULT LUNCH \$3.00 EXTRA MILK \$.35



<u>LOCALLY GROWN</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b><u>Entrée choices Available Daily For Lunch</u></b></p> <ul style="list-style-type: none"> <li>•Peanut butter &amp; jelly on whole wheat bread</li> <li>•Bagel with cream cheese</li> <li>•Fresh garden salad made with romaine &amp; spinach</li> <li>•Variety of fresh fruit &amp; veggies-check daily menu for local produce</li> <li>•Fruit juice</li> <li>•Choice of milk</li> </ul> <p>Student may choose an entrée plus as many as four sides but at least two</p> <p>* INDICATES A MEATLESS ENTRÉE</p>
<p>&amp; processed food available in your cafeteria:</p> <p>•<b>KETCHUP</b> processed without high fructose corn syrup &amp; made from locally grown tomatoes.</p> <p>•<b>BEEF</b> patties &amp; ground beef, Montana raised &amp; processed. No added fillers or chemicals</p> <p>•<b>TORTILLA CHIPS</b> prepared fresh at Pattee Creek Market with no chemicals or preservatives.</p>				<p>1) <u>HAMBURGER</u></p> <p><u>COLESLAW</u></p> <p><u>DAISY CAKE</u></p>	<p>2) <u>FRITO WALKING TACO</u></p> <p><u>WHOLE WHEAT SUGAR COOKIE</u></p>	
	<p>5) <u>HOT DOG</u> <u>BAKED BEANS</u></p> <p><u>GINGERSNAP COOKIE</u></p>	<p>6) <u>TERIYAKI CHICKEN RICE BOWL</u></p> <p>VEGGIE BLEND</p>	<p>7) <u>CHEESE/PEPPERONI PIZZA</u></p> <p>CHOCOLATE PUDDING</p>	<p>8) <u>BEAN &amp; CHEESE BURRITO*</u></p> <p><u>CINNAMON STICKS</u></p>	<p>9) <u>SPAGHETTI &amp; MEATBALLS*</u></p> <p><u>FRENCH BREAD</u></p>	
	<p>12) <u>CHICKEN TENDERS</u></p> <p>RICE PILAF</p> <p><u>CHOCOLATE CHIP COOKIE</u></p>	<p>13) <u>SUPER NACHOS</u></p>	<p>14) <u>ITALIAN DIPPERS W/ MARINARA SAUCE*</u></p>	<p>15) NO SCHOOL</p> <p><i>Do Not Disturb</i></p>	<p>16) NO SCHOOL</p>	
	<p>19) <u>CHICKEN NOODLE SOUP</u></p> <p><u>BANANA BREAD</u></p>	<p>20) <u>BREADED CHICKEN SANDWICH</u></p> <p><u>SNICKERDOODLE</u></p>	<p>21) <u>CHEESE/PEPPERONI PIZZA</u></p> 	<p>22) <u>SOFT SHELL TACO</u></p> <p><u>RANCH BAR</u></p>	<p>23) <u>SUPER SUB SANDWICH</u></p>	
	<p>26) <u>MAC &amp; CHEESE</u></p> <p><u>HONEY WHOLE WHEAT ROLL</u></p>	<p>27) <u>CORN DOG</u></p> <p>BLUEBERRY PARFAIT W/ VANILLA PUDDING</p>	<p>28) <u>BBQ PORK SANDWICH</u></p> <p>RANCH POTATOES</p>	<p>29) <u>CHILI &amp; CHEESE</u></p> <p><u>CINNAMON ROLL</u></p>	<p>30) <u>CHICKEN NUGGETS</u></p> <p><u>HOLIDAY COOKIE</u></p>	



SHADED, BOLD & UNDERLINED ARE MONTANA PRODUCTS

## OCTOBER 2009 BREAKFAST MENU

MISSOULA COUNTY PUBLIC SCHOOLS – ELEMENTARY & MIDDLE SCHOOL  
 STUDENT BREAKFAST \$1.25 ADULT BREAKFAST \$1.75 EXTRA MILK \$.50



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b><u>BREAKFAST BOOSTS BRAIN POWER</u></b></p> <p>Kids who eat breakfast are:</p> <ul style="list-style-type: none"> <li>•Less likely to miss school</li> <li>•Less likely to be tardy</li> <li>•Cause fewer fights</li> <li>•Are more cooperative</li> <li>•Are more creative</li> <li>•Finish work faster</li> </ul> <p>Try eating breakfast for just one week regularly and chart your performance, energy levels and mood. We bet you will be happy to see the good things that result from regularly eating breakfast.</p>				1) LIL YAMI YOGURT ANIMAL CRACKERS	2) BREAKFAST PIZZA BAGEL	<p style="text-align: center;"><i><b>Available Daily For Breakfast</b></i></p> <ul style="list-style-type: none"> <li>•Cereal &amp; toast</li> <li>•Bagel &amp; cream cheese</li> <li>•Choice of fruit or juice</li> <li>•Choice of milk</li> </ul>
5) MOZZARELLA MAXX STICKS	6) STRAWBERRY SUPER STIX	7) SMUCKERS MAPLE WAFFLE	8) PANCAKE WRAPPED SAUSAGE	9) CINNAMON BAGELFUL		
	13) QUAKER OAT BAR STRING CHEESE	14) FRENCH TOAST	15)  NO SCHOOL	16)  NO SCHOOL		
19) MAXX STICKS	20) STRAWBERRY SUPER STIX	21) SMUCKERS MAPLE WAFFLE	22) PANCAKE WRAPPED SAUSAGE	23) CINNAMON BAGELFUL		
26) PANCAKE	27) QUAKER OAT BAR STRING CHEESE	28) FRENCH TOAST	29) LIL YAMI YOGURT ANIMAL CRACKERS	30) BREAKFAST PIZZA		