Celebrate Farm to School Month throughout Montana!

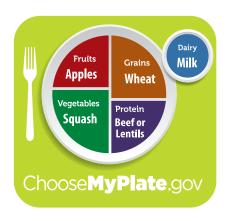
Nutrition Facts to Accompany Farm to School Month Meals

Squash

Squash is an excellent source of dietary fiber, containing 6 grams of fiber per cup. Squash also contains high amounts of vitamin A, vitamin C, vitamin B6 and magnesium to keep you healthy!

Lentils

Lentils are part of the legume family that are a great way to add protein and fiber to your meals. In just two tablespoons lentils provide you with 30% of your daily value of fiber and 6.2 grams of Protein!



Beef

Lean beef is a wonderful high protein food that provides vitamin B12, which is essential for good digestion and healthy development of new cells in the body!

Apples

An apple is a great easy snack to take with you anywhere and contains 20% of your daily value to fiber in a sweet treat! Don't forget to eat the apple skin because that is where most of the antioxidant that protect your body from cancer are!