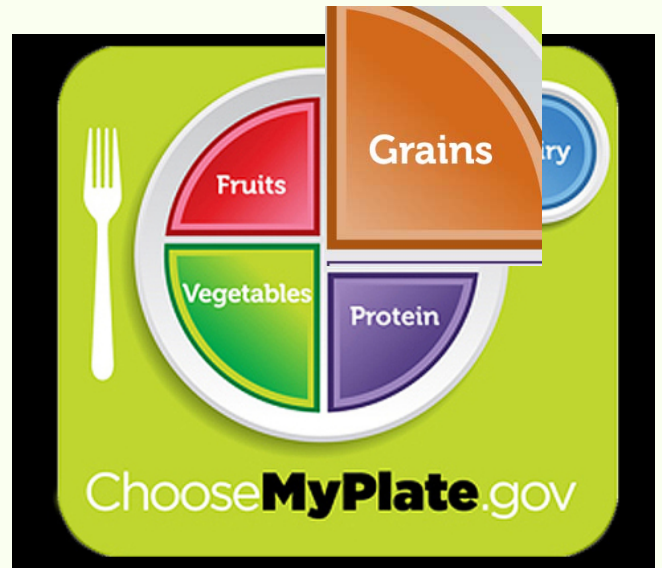


Grains

fresh from Montana farms!



hard red spring wheat



yeast breads

oats



*cereals
and breads*

hard red winter wheat



*flat breads &
all purpose use*

soft white wheat



*biscuits,
cookies,
and cakes*

barley



*soups, salads,
& baking*

durum wheat

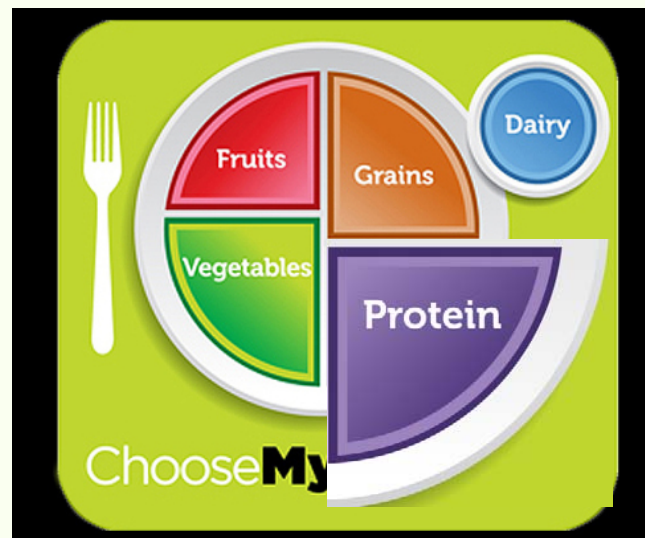


pasta

Protein

fresh from Montana farms

& ranches!



beef



*rich in zinc,
iron, & protein*

pork



*rich in vitamins
B12, C, niacin, &
protein*

legumes



*high in protein,
low in fat*

poultry & eggs



*good sources of
protein and niacin*

lamb and bison



protein rich meats

fish and wild game



naturally low in fat



For lesson plans and more on proteins visit www.aginmontanaschools.org

Photos courtesy of producer organizations and ARS.

Fruits

fresh from Montana!



apples



*farmers market
& local orchards*

strawberries



*farmers market
& home gardens*

raspberries



*farmers market
& home gardens*

wild fruits — huckleberries & chokecherries



NW roadside

stands or you pick

tomatoes



*farmers market
& home gardens*

sweet cherries



*grocery stores
& local NW orchards*

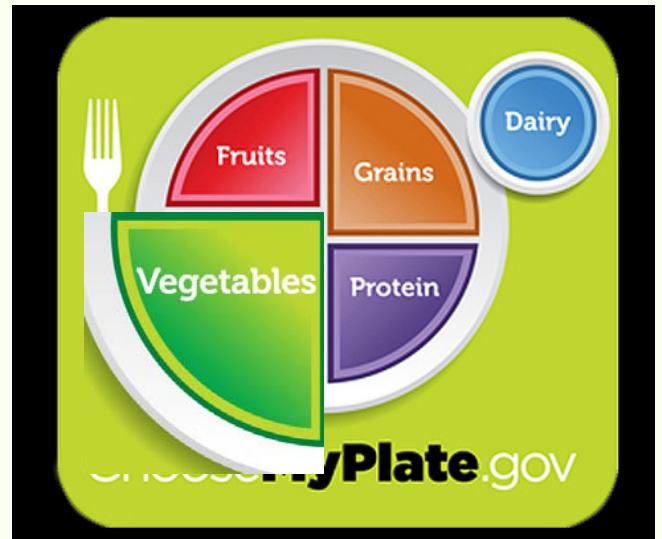


For lesson plans and more on fruit visit www.aginmontanaschools.org

Photos courtesy of ARS.

Vegetables

*fresh from Montana farms
and farmers markets!*



dark green



*spinach, lettuce,
& kale*

starchy vegetables



*potatoes, peas,
& corn*

red and orange



*carrots, squash,
& pumpkins*

legumes



*pinto beans, lentils,
& garbanzo beans*

other vegetables



*cucumbers, beets,
& asparagus*

easy snack vegetables



*summer squash,
carrots, cherry tomatoes, cucum-
bers, & snow peas*

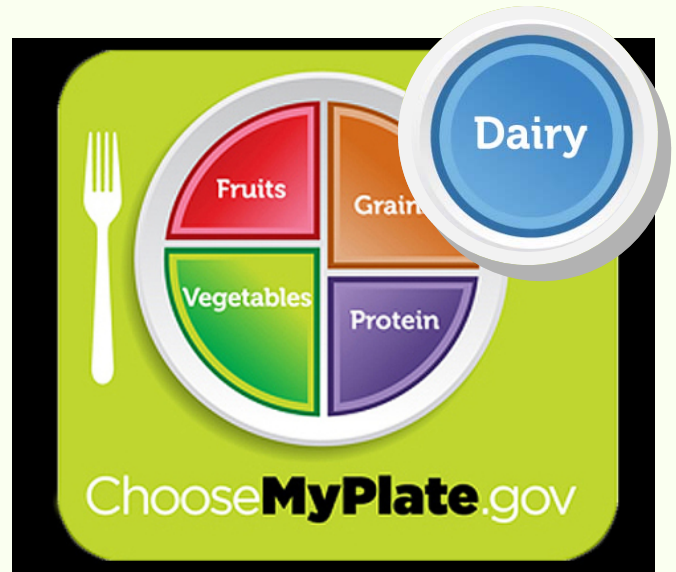


For lesson plans and more on vegetables visit www.aginmontanaschools.org

Photos courtesy of ARS and producers.

Dairy

fresh from Montana farms!



milk & flavored milk



*choose low fat
or fat free*

hard cheese



*cheddar, swiss,
& provolone*

soft cheese



*feta, cottage,
& brie*

dairy desserts



*low fat ice cream,
frozen yogurt, & pudding*

yogurt



*choose low
fat or fat free*

non-dairy substitutes



*soy, almond,
rice, etc.*



For lesson plans and more on dairy visit www.aginmontanaschools.org

Photos courtesy of ARS and producers.