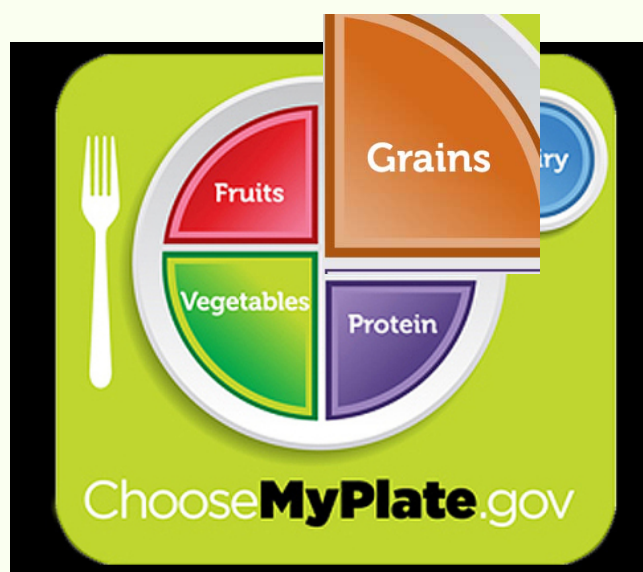


# Grains

*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*



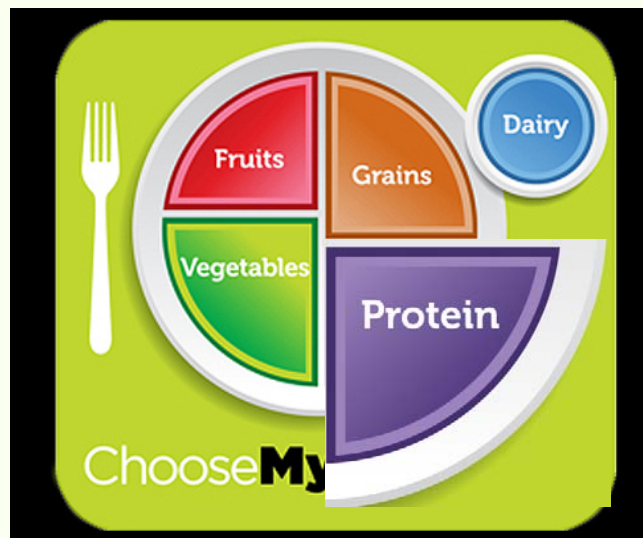
For lesson plans and more on grains visit [www.aginmontanaschools.org](http://www.aginmontanaschools.org)

Photos courtesy of ARS and producers.

# 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*

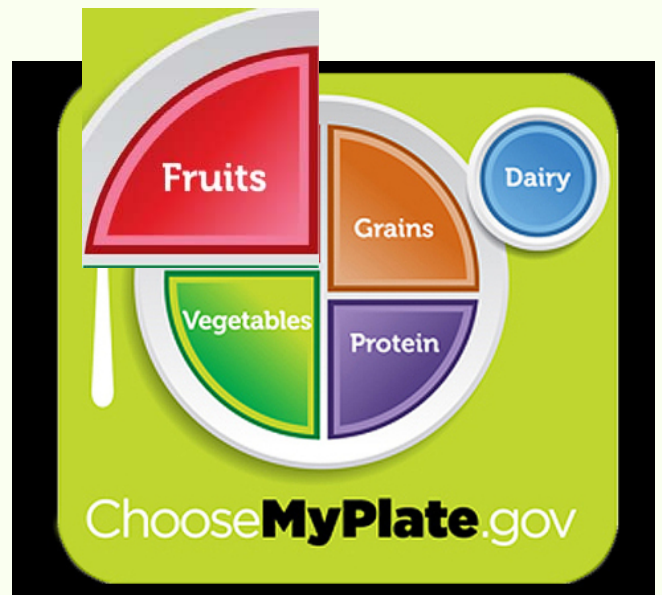


For lesson plans and more on proteins visit

[www.aginmontanaschools.org](http://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*

## tomatoes



*farmers market  
& home gardens*

## sweet cherries



*grocery stores  
& local NW orchards*



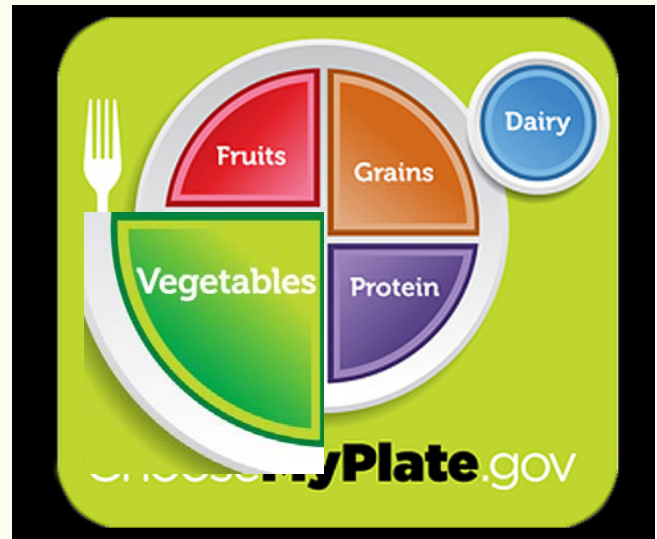
*stands or you pick*

For lesson plans and more on fruit visit [www.aginmontanaschools.org](http://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*



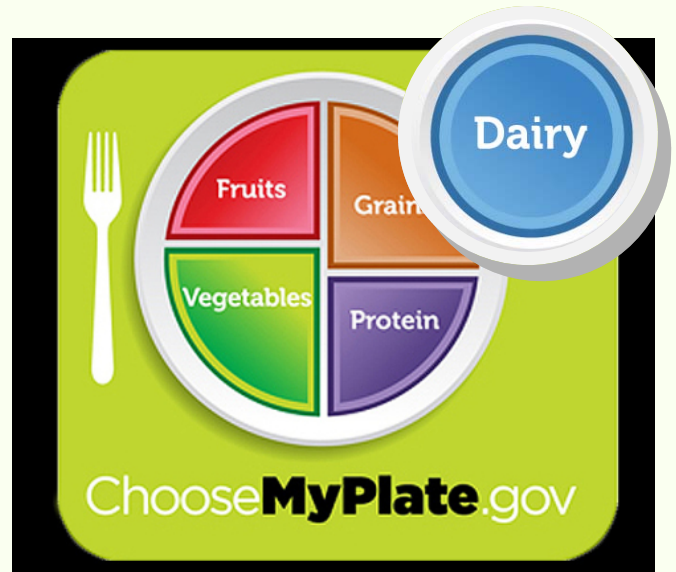
*& garbanzo beans*

For lesson plans and more on vegetables visit [www.aginmontanaschools.org](http://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](http://www.aginmontanaschools.org)

Photos courtesy of ARS and producers.