



Somers Middle School Brings Lentils to the Plate: Luscious Lentil Hummus March 2022

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CONTACT

Molly Stenberg
Assistant Director
(406) 994-7217
stenberg@montana.edu

Aubree Roth
Farm to School
Coordinator
(406) 994-5996
aubree.roth@montana.edu

325 Reid Hall
PO Box 173370
Montana State University
Bozeman MT 59717-3370

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Somers Middle School Features Montana Lentils in Special Lunch, March 2022

Somers school nutrition staff prepared a delicious meal featuring Luscious Lentil Hummus for the middle school students in March of 2022. The meal highlighted lots of Montana grown ingredients: potatoes, squash, zucchini, and lentils, of course.

Somers is one of six school districts in the state working with Montana Team Nutrition to test recipes and conduct nutrition education featuring Montana grown and raised foods through a 2021 USDA Team Nutrition Grant.



Robin Vogler, School Food Service Director, along with Robin Crosby, Head Cook, designed a meal that highlighted Montana lentils, a featured food product with Montana Harvest of the Month (HOM). The HOM program was designed to allow students to explore where their food comes from. Along with their Luscious Lentil Hummus, students enjoyed a chicken patty sandwich on a whole grain bun, lettuce and tomato, locally grown roasted potatoes, squash, and zucchini mix, a fresh fruit cup, apple crisp, and a milk. Yum!



When Montana Team Nutrition staff visited Somers for this special meal, Kate Fasbender, the school’s nutrition educator/health enhancement teacher, did a taste testing with the students. Her approach, her passion, and her excitement truly made eating lentils a memorable experience!

Thank you to Robin Vogler, Robin Crosby, Karman Townsend, Lacy Beard, Darika Dickerson, Doreen Anderson, and Kate Fasbender for working together to curate a delicious meal highlighting Montana grown ingredients that the students loved.

This Montana Team Nutrition project, funded by a 2021 USDA Team Nutrition Grant awarded to the Montana Office of Public Instruction, supported the development of six recipes for use in school meal programs using ingredients from foods produced in Montana

including barley, beets, bison, sweet cherries, and lentils.

Recipes are currently available from Montana Team Nutrition through their website at <https://www.montana.edu/teamnutrition/>. The recipes will also be incorporated into the USDA Institute of Child Nutrition Recipe Box allowing schools from across the nation to experience Montana flavors, recipes, and cultures. Recipes will be accessible through their website at <https://theicn.org/cnr/>.



Story developed by: Ali Badger, MSU Dietetic Intern, August 2022

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