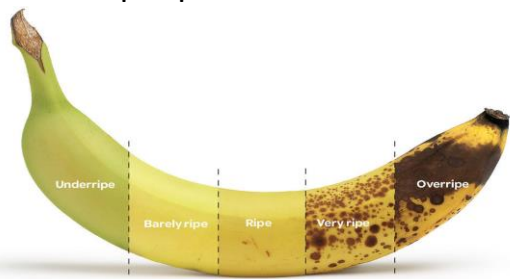


# Week of Dec 3<sup>rd</sup> - 9<sup>th</sup> Nutritional Services Weekly Newsletter

Issue 11

## Montana Macintosh Apples

This week you will be eating apples grown here in Montana! We utilized some Federal funding to purchase fresh fruit grown near Corvallis. There are not many things that we can get from Montana, so we are proud to be offering a home-grown item that many people love to eat.



## What is the fastest way to ripen bananas?

Due to the nature of bananas, they are hard to work with in the mass quantities that we are working with. For us to have all of them perfect when you get them home, is almost impossible. We have decided to order greener bananas, so we do not waste so many. The best way to quickly ripen green bananas (or any other fruit) is to put them in a paper bag **with** a ripe banana; the ethylene gas produced by the ripe banana will cause the green bananas to ripen quickly. It will also cause them to become over-ripe quickly, so you will have to pay attention to this process.



Winter break Meal link now open.

**Dec. 23<sup>rd</sup> and Dec 30<sup>th</sup> only**

Jim Darcy - 8am - 10am

Rossiter - 8am - 10am

4 Georgians - 7am - 9am

CR Anderson - 8am - 10:30am

Bryant 9am - 11am

[Winter Break Meals](#)



Pre-Order Distance learning Meals

For pick up every Wednesday



[DLMD week 12/9-12/15](#)

For all current menus.

<https://helenaps.sodexomyway.com/landing>

<https://www.facebook.com/helenaschoolfoodservice>