



# FOOD POWER

## HEALTHY KIDS' MENU DIRECTORY

Food Power Directory lists restaurants that provide healthy menu options for kids.

Our hope is to enhance menu choices for kids in Gallatin County and to expand children's opportunities to consume fruits and vegetables (fresh, frozen or canned).

The restaurants in this directory offer at least two entrees and/or sides of fruits and vegetables, and/or low-fat milk.



### PARTICIPATING RESTAURANTS

#### **BELGRADE:**

Desert Rose Catering.....213 W. Main St. 570-8067 [www.desertrosecatering.us](http://www.desertrosecatering.us)

Domasco's .....90 W. Madison, Ste. C 388-2724 [www.domascos.net](http://www.domascos.net)

Rio Sabina's.....11 W. Main St. 388-9200 [www.riosabinas.com](http://www.riosabinas.com)

#### **BIG SKY:**

Corral Bar & Steakhouse.....Hwy 191 995-4249 [www.corralbar.com](http://www.corralbar.com)

Half Moon Saloon .....Hwy 191 995-2928 [www.halfmoonsaloon.net](http://www.halfmoonsaloon.net)

La Luna Restaurant.....Meadow Village 995-3280 [www.lalunabigsky.com](http://www.lalunabigsky.com)

#### **BOZEMAN:**

18 Miles to the Border.....131 W. Main St 556-1818

Aleworks.....611 E Main 587-7700 [www.montanaaleworks.com](http://www.montanaaleworks.com)

Casa Sanchez.....719 South 9th Ave. 586-4516

College Street Café.....1815 W. College 587-2693 [www.cstreetcafe.com](http://www.cstreetcafe.com)

Community Food Coop.....711 W. Main St. 585-5950 [www.bozo.coop](http://www.bozo.coop)

Ferraro's.....726 N. 7th Ave. (406) 587-2555 [www.ferrarosfineitalian.com](http://www.ferrarosfineitalian.com)

John Bozeman's Bistro.....125 W Main St (406) 587-4100 [www.johnbozemansbistro.com](http://www.johnbozemansbistro.com)

Kountry Korner Cafe.....81820 Gallatin Rd. 586-2281

Moberry.....280 West Kagy, Ste. D 586-6279

Mongolian Grill.....1735 Oak St (406) 522-7188

Naked Noodle.....27 S. Willson 585-4501

Oak St. Natural Market.....1735 Oak St (406) 582-5400 [www.oakstreetnaturalmarket.com](http://www.oakstreetnaturalmarket.com)

Opus Deli & Coffee.....1001 Oak St (406) 586-9655

Santa Fe Red's.....1235 N. 7th 587-5838

Samurai Sam's.....2855 N. 19th St. 586-9350 [www.samuraisams.net](http://www.samuraisams.net)

Sola Cafe.....209 W. Kagy Blvd (406) 922-7652 [www.solacafe.com](http://www.solacafe.com)

Weebee's Cafe.....407 s. ferguson 586-2244 [www.weebescafe.com](http://www.weebescafe.com)

Western Cafe.....443 E. Main St. 587-0436

#### **WEST YELLOWSTONE:**

Bullwinkles .....19 Madison Ave. 646-7974 [www.yellowstonebullwinkles.com](http://www.yellowstonebullwinkles.com)

# SAMPLE MENU MAKEOVER

## Plucky Chicken Strips

1 pound of sliced chicken breast  
½ cup low-fat buttermilk  
½ cup crushed corn flakes  
¼ cup seasoned breadcrumbs  
1 teaspoon garlic powder  
½ teaspoon oregano (or 1 tablespoon of fresh oregano)  
¼ teaspoon ground black pepper  
1 tablespoon olive oil

Preheat oven to 400 degrees.  
Combine chicken with buttermilk in a bowl.  
Combine all other ingredients (except olive oil) in large Ziploc bag.  
Drain chicken and add to Ziploc bag.  
Shake bag to coat chicken.  
Add olive oil to shallow pan.  
Bake each side about 5 minutes or until chicken is thoroughly cooked.

Serve with any dressing or add to a salad or make into a wrap.



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## RESOURCES

### WEBSITES:

[www.parentsconnect.com](http://www.parentsconnect.com)  
[www.kidshealth.org](http://www.kidshealth.org)  
[www.eatingwell.com](http://www.eatingwell.com)  
[www.healthguide.org/life/healthy\\_eating\\_children\\_teens.htm](http://www.healthguide.org/life/healthy_eating_children_teens.htm)  
[www.recipes.kaboos.com/healthy\\_eating.html](http://www.recipes.kaboos.com/healthy_eating.html)  
[www.kidseatgreat.com](http://www.kidseatgreat.com)  
[www.nourishinteractive.com](http://www.nourishinteractive.com)  
[www.ediblebozeman.com/content/pages/articles/fallwinter08/ediblejunior.pdf](http://www.ediblebozeman.com/content/pages/articles/fallwinter08/ediblejunior.pdf)  
[www.eatright.org/ada/fies/wellpoint.pdf](http://www.eatright.org/ada/fies/wellpoint.pdf)

### BOOKS:

Eat This, Not That! by David Zinczenko  
From Asparagus to Zucchini: A guide to Cooking Farm-Fresh Seasonal Produce. Madison Area Community Supported Agriculture Coalition.

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Example marketing materials can found at: [www.montanapana.org](http://www.montanapana.org)

If you would like more information, please contact  
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