

Superior School Menu

February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 French Toast Sticks Chili & Cornbread, Salad	2 Breakfast Pizza Chicken Strips & Fries, Fresh Fruit
5 Yogurt & Granola BBQ Riblets & Scalloped Potatoes, Green Beans	6 Banana Chocolate Chip Muffin S&S Chicken Stir Fry & Fried Rice	7 Biscuits & Gravy Breakfast for Lunch	8 Breakfast Sandwich Chicken & Wild Rice Soup & Salad	9 Poptart & Gogurt Sub Sandwich & Sweet Potato Fries, Fresh Fruit
12 Breakfast Bar Crispy Chicken Wrap & Broccoli or Roasted Beet Salad	13 Love Muffin Pizza & Salad	14 Taco Roll Chicken Pot Pie, Green Beans & Roll	15 Cinnamon Roll Load Your Own Baked Potato	16 Bagel w/cream cheese Cheeseburger & Fries, Fresh Fruit
19 NO SCHOOL!!!	20 Vanilla Pear Muffins Smothered Burritos, Corn & Refried Beans	21 Cereal Pork Chop Dinner, Green Beans, Mashed Potatoes & Roll	22 Pancakes Tomato Soup & Tuna Sandwich, Salad	23 Nutrigrain Bar BBQ Pulled Pork Sandwich & Sweet Potato Fries, Fresh Fruit
26 Granola Bar Sloppy Joe & Scalloped Potatoes, Roasted Beets	27 Apple Spice Muffin Egg Rolls, Fried Rice & Stir Fry Veggies	28 Donut Lasagna & Breadsticks, Green Beans & Salad		

Beets are this month's Harvest of the Month. Did you know...

- Beets are in the vegetable food group.
- While different in nutrient composition and culinary use, sugar beets are an important part of Montana's economy. Montana is a top producer of sugar beets, harvesting nearly 1.5 million pounds from 44,000 acres in 2014!
- Beets have the highest sugar content of any vegetable but are packed with nutrients!

To learn more about Montana Harvest of the Month visit:
www.montana.edu/mtharvestofthemoth

