

Superior School Menu

April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Pumpkin Choc. Chip Muffin Corn Dogs, Macaroni Salad & Peaches	2 Biscuits & Gravy Breakfast for Lunch	3 Oatmeal & Toppings Chicken Parmesan, Green Beans & Garlic Bread	4 Breakfast Pizza Chef Salad, Roll	5 Bagel & Cream Cheese Pork Chop Sandwich, Goldfish & Fruit
8 Vanilla Muffin Ham or Turkey Flatbread Melt, Cheesy Veggies	9 Burrito & Salsa Taco Tuesday , Corn	10 Yogurt & Granola Chicken Drumstick, Mashed Potatoes	11 Pancake Wrap Tomato Soup & Tuna Sandwich, Salad	12 Donut & String Cheese French dip & Fries
15 Dbl. Chocolate Muffin Crispy Chicken Wrap, Cheesy Potatoes	16 Breakfast Sandwich S&S Meatballs, Stir Fry veggies & Rice	17 Cereal & Milk Pizza & Salad	18 French Toast Sticks Mac & Cheese your way & Broccoli	19 Nutrigrain Bar & Gogurt Sub Sandwich & Chips
22 Banana Choc. Chip Muffin Chicken Patty Sandwich, Potato Salad	23 Poptart & String Cheese Taco Salad , Rice & Corn	24 Smoothie & Graham Crackers Cheeseburger Mac , Green Beans	25 Blueberry Crumb Cake Cheesy Dippers w/Marinara Sauce & Salad	26 Mini Creamy Cheese Bagel Cheeseburger & Fries
29 Carrot Cake Muffin Pulled Pork Sandwich & Coleslaw	30 Eggs & Hashbrown Teriyaki Chicken Stir Fry, Rice			

Beef is this month's Harvest of the Month. Did you know...

- Montana is home to more cattle than people and ranks 6th in the nation for the number of beef cattle.
- Cattle are ruminants, meaning their stomachs have four chambers. Typically cattle are raised in pastures until they are at least one year old. Then they are sold and transported for "finishing," which means they are usually fed a grain-based diet to increase weight and fat marbling. Some cattle are raised entirely on pasture or are "finished" on grass and are called grass-fed or grass-finished.

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

