

Superior School Menu

February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Poptart & Yogurt Pork Chop Sandwich, Veggies & Hummus
4 Love Muffin Chicken Strips, Baked Beans & Mac N Cheese	5 Biscuits & Gravy Breakfast 4 Lunch	6 French Toast Sticks Lasagna, Breadstick & Green Beans	7 Donut Cheesy Dippers, Fresh Fruit & veggies	8 PIR DAY NO SCHOOL!
11 Banana Muffin Cheeseburger, Mac Salad & Corn	12 Hot or Cold Cereal of Choice Pizza & Salad	13 Breakfast Bar Chicken Dinner, Roll, Mashed Potatoes & Green Beans	14 Yogurt & Graham Crackers Chili & Pretzel, Salad & Choc. Cake	15 Mini Creamy Cheese Bagel Hot Dogs, Chips & Fresh Fruit
18 NO SCHOOL! President's Day	19 Pancake Wrap Egg Rolls, Fried Rice & Stir Fry Veggies	20 Nutrigrain Bar Pork Chop Dinner, Corn, Mashed Potatoes & Roll	21 Sausage Breakfast Sandwich Beef Barley Soup, Crackers & Roasted Beet Salad	22 Cinnamon Roll Meatball Sub, Fries & Fresh Fruit
25 Pumpkin Choc. Chip Muffin BBQ Rib Sand., Baked Beans & Coleslaw	26 Burrito & Salsa Nachos, Refried Beans, Corn & Rice	27 Oatmeal & Toppings Chicken Tetrizzini, Green Beans & Roll	28 Breakfast Pizza Cheesy Potato Soup, Goldfish & 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 tons 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

