

Superior School Menu

December 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3 Blueberry Muffin & Gogurt Turkey Pot Pie & Honey Glazed Carrots	4 Pancake Wrap Taco Salad, Corn & Refried Beans	5 Biscuits & Gravy Breakfast for Lunch	6 Breakfast Pizza Chili & Pretzel, Salad	7 Breakfast Bar Cheeseburger & Fries, Fruit Cup
10 Banana Choc. Chip Muffin Chicken Flatbread Melt, Scalloped Potatoes & Fruit	11 French Toast Sticks Nachos, Corn & Refried Beans	12 Mini Creamy Cheese Bagel Baked Potato Bar, Salad & Fruit	13 Donut & String Cheese Chicken Noodle Soup, Crackers & Salad	14 Yogurt & Granola Sub Sandwich, Chips & Carrots w/Ranch
17 Carrot Cake Muffin Ocean Day, Cheesy Broccoli & Seasoned Noodles	18 Pancakes & Sausage Chicken Teriyaki Stir Fry, Fried Rice & Fruit cups	19 Burrito & Salsa Pizza & Salad	20 Breakfast Sandwich Tomato Soup & Tuna Sandwich, Salad	21 Cinnamon Roll Chicken Patty Sandwich, Fries & Fruit
24 Christmas Eve!!! NO SCHOOL	25 MERRY CHRISTMAS! NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL
31 NO SCHOOL - BACK JAN. 2nd				

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

- Carrots are in the vegetable food group.
- Today carrots come in many colors including purple, black, yellow, orange, red, and white and also range in size from a round 2-inch carrot to a slender 3-foot carrot!
- Baby-cut carrots are made from full-grown, thin carrots by peeling and cutting them to the desired size and shape. True baby carrots are harvested early and actually look like miniature carrots.

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

