

Superior School Menu

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 HAPPY NEW YEAR!	2 Bagel & Cream Cheese Cheesy Dippers, Green Beans & Apple slices	3 Smoothie & Graham Crackers Beef Barley Soup, Salad & Crackers	4 Pop Tart & Gogurt BBQ Rib Sandwich, Fries & Fruit
7 Pumpkin Choc. Chip Muffin Pulled Pork Sandwich, Corn & Orange wedges	8 Breakfast Taco & Salsa Orange Chicken stir fry, Fried Rice & Mandarin Oranges	9 Biscuits & Gravy Breakfast for Lunch	10 Breakfast Sandwich Cheesy Potato Soup or Sausage lentil soup , Salad & Crackers	11 Breakfast Bar Sloppy Joes , Veggie cups w/Hummus & Fruit
14 NO SCHOOL! P.I.R. DAY	15 Hot or Cold Cereal Smothered Burritos, Corn & Apple Slices	16 French Toast Sticks Chicken Drumstick Dinner, Green Beans & Roll	17 Mini Creamy Cheese Bagel Chili & Cornbread, Salad & Orange wedges	18 Donut & String Cheese Chicken Strips, Fries & Fruit
21 Vanilla Pear Muffin Corn Dogs, Honeyed Carrots & Apple Slices	22 Pancake Wrap Teriyaki Meatballs, Stir Fry Veggies & Rice	23 Nutrigrain Bar & Gogurt Country Fried Steak Dinner, Corn & Roll	24 Breakfast Sandwich Chicken Noodle Soup, lentil Salad & Crackers	25 Cinnamon Roll French Dip, Au Jus, Fries & Fruit
28 Blueberry Muffin Fish Sandwich, Cheesy Mixed Veggies & Orange Wedges	29 Burrito & Salsa Taco Salad , Refried Beans & Corn	30 Yogurt & Graham Crackers Cowboy Casserole, Garlic Toast & Green Beans	31 Breakfast Pizza Tomato Soup, Tuna Sandwich & Salad	

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

- Lentils are in the protein and vegetable food groups.
- Montana is the top producer of lentils in the United States, producing almost 40% of the lentils grown in this country!
- Like other legumes, lentils add nitrogen to the soil, improving soil health. This makes them a good rotational crop with wheat and other grains.



To learn more about Montana Harvest of the Month visit:

www.montana.edu/mtharvestofthemonth