

Superior School Menu

January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 Happy New Years!	2 Donut Egg Rolls & Fried Rice, Stir Fry Veggies	3 Breakfast Pizza Country Steak Dinner, Glazed Carrots , Mashed Potatoes	4 Omlete & Hashbrowns Chili & Pretzel, Salad	5 Yogurt & Graham Crackers Fish & Chips, Fresh Fruit & Carrot Cups
8 Breakfast Bar Sloppy Joes, Scalloped Potatoes & Steamed Carrots	9 Carrot Cake Muffins Taco Salad, Rice & Refried Beans	10 Pancakes Chili Mac, Corn Bread & Salad	11 Yogurt Parfait Chicken Noodle Soup, Crackers, Salad	12 Blueberry Bagel w/Cream Cheese BBQ Pork Rib Sandwich, Fries & Fruit
15 NO School! PIR Day	16 Vanilla Pear Muffin Chicken Teriyaki, Stir Fry Veggies, Fried Rice	17 Breakfast Burrito & Salsa Pork Chop Dinner, Green Beans, Roll, Mashed Potatoes	18 Cinnamon Roll Beef Barley Soup, Crackers & Salad	19 Mini Cream Cheese Bagel Corn Dog, Fries & Carrot Cups
22 Rice Crispy Cereal Bar & Gogurt Chicken Patty Sandwich & Scalloped Potatoes	23 Pumpkin Choc Chip Muffin Fish Tacos, Coleslaw & Rice	24 Biscuits & Gravy Rotini & Meatsauce, Salad & Breadsticks	25 Breakfast Sandwich Cheesy Potato Soup, Salad & Crackers	26 Pop Tart & String Cheese French Dip & Fries
29 Pancake Wrap Fish Sandwich, Mac n Trees & Apple Slices	30 Apricot Muffin Nachos, Refried Beans & Rice	31 Cereal Cowboy Casserole, Salad & Breadsticks		

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/mtharvestofthemoth

