

# Superior School Menu

## April 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2 No School!	3 <b>Spring</b>	4 <b>Break!</b>	5 No School!	6 See you back on Monday!
9 Mini Creamy Cheese Bagel BBQ Rib Dippers, Scalloped Potatoes & Green Beans	10 Lemon Poppy Seed Muffin Breakfast for Lunch	11 Pancake Wrap Chicken Drumstick Dinner, Mashed Potatoes & Gravy, Corn & Roll	12 Breakfast Taco w/Salsa Chili Mac & Pretzels w/cheese, Salad	13 Nutrigrain Bar & Yogurt Chicken Patty Sandwich, Chips & Fresh Fruit
16 French Toast Sticks BBQ Pulled Pork Sandwich, Coleslaw and Apple slices	17 Banana Chocolate Chip Muffin Smothered Burritos, Corn, Rice & Refried Beans	18 Breakfast Pizza Pizza & Cheesy Breadsticks, Salad	19 Cinnamon Roll Deli Wrap, Chips & Salad	20 Egg & Cheese Breakfast Stick Sub Sandwich, Sweet Potato Fries
23 Breakfast Burrito & Salsa Chicken Nuggets, Macaroni Salad or Potato Salad, Green Beans	24 Blueberry Muffin Chicken Fajitas, Corn, Rice & Refried Beans	25 Cereal Country Steak Dinner, Green Beans, Mashed Potatoes & Gravy, Roll	26 Yogurt Parfait Ham & Cheese Sandwich, Salad & Orange wedges	27 Bagel & Cream Cheese Cheeseburger & Fries, Fresh Fruit
30 Poptart & Gogurt Sloppy Joe & Scalloped Potatoes, Green Beans				



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

- Grains make up their own food group.
- Wheat is classified by the season in which it is grown, hardness, color, and other factors. Spring wheat is planted in the spring and harvested in the late summer. Winter wheat is planted in the fall and harvested in the spring or summer, depending on the conditions.
- Kamut®, grown in Montana, is an ancient variety of wheat and is an excellent source of the mineral selenium.

To learn more about Montana Harvest of the Month visit:  
[www.montana.edu/mtharvestofthemoth](http://www.montana.edu/mtharvestofthemoth)