

Superior School Menu

March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
4 Apple spice muffin	5 Breakfast Sandwich	6 Yogurt & Granola	7 Donut & String Cheese	8 1 Bagel & Cream Cheese PIR NO SCHOOL
Fish Taco, Asian Slaw & macaroni salad	Sweet & Sour Chicken Stir Fry, Noodles	Spaghetti, Garlic bread & Broccoli	Chicken Strips & Fries	Chicken Patty Sandwich, Veggie cups
11 Blueberry Muffin	12 Smoothie & Graham Crackers	13 French Toast Sticks	14 Omelet & Hashbrown	15 Mini Creamy Cheese Bagels
Pulled Pork Sandwich, Baked Beans & Carrots	Taco Salad, Corn & Rice	Country Fried Steak, Green Beans, Potatoes/Gravy	Tomato Soup & Tuna Sandwich	Sub Sandwich, Frozen Fruit Cup
18 Banana Chocolate-Chip Muffin	19 Breakfast Sandwich	20 Cereal	21 Blueberry Crumb Cake	22 Breakfast Bar
Wrap, Apple Slices, Veggies w/ Cheese Sauce & Chips	Smothered Burritos, Rice, Refried Beans & Corn	Cowboy Casserole, Roll & Green Beans	Chili, Pretzel & Salad	23 Cheeseburger, Fries, Fruit & Veggie Cups
25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL Back on April 1 st !!!

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/mtharvestofthemonth

