

# Superior School Menu

## November 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 Apple Cinnamon Toast Fish Nuggets & Cheesy Broccoli	3 Vanilla Muffin & Go gurt Chef Salad & Cherry Crisp	4 Biscuits & Sausage Gravy Taco Soup, Cornbread & Craisins	5 Mixed Berry Parfait Breakfast 4 Lunch	6 Donut & String Cheese Corn Dog & Fries, Fresh Fruit
9 Breakfast Pizza BBQ Pulled Pork Sandwich & Baked Beans	10 <b>Pumpkin Muffin</b> & Gogurt Chicken Teriyaki & Noodles	11 Breakfast Sandwich Rotini & Meatballs, Broccoli & Garlic Toast	12 Cereal & String Cheese Chicken Burritos, Rice & Mixed Veggies	13 No School! PIR Day
16 Bagel & Cream Cheese Country Steak Sandwich, & Honey Carrots	17 Banana Choc. Chip Muffin & String Cheese Hot Ham & Cheese Sandwich, <b>Roasted Butternut Squash Soup</b>	18 French Toast & Spiced Apples Tuna Sandwich & Tomato Soup	19 English Muffin & Jelly Chicken Alfredo & Breadsticks, Side Salad	20 Cinnamon Roll & String Cheese Popcorn Chicken, Fries & Fresh Fruit
23 Yogurt & Scooby Snacks Hot Ham & Cheese Sandwich, Broccoli	24 Cereal & Gogurt Popcorn Chicken Mashed Potato Bowl, Apple Slices	25 No School!	26 Happy Thanksgiving!	27 No School!
30 Cereal Bar & String Cheese Meatball Sub, Cookie & Fruit				

**Winter squash** are this month's Harvest of the Month food. Did you know...

- Winter squash are in the vegetable food group.
- Squash is one of the oldest cultivated crops in the Western Hemisphere and was originally grown for its seeds. Seeds found in Mexico have been dated as 10,000 years old!
- To some Native American tribes, corn, beans, and squash are known as the "Three Sisters." These plants were grown together and were staples of many tribes in North America.

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

