

# Superior School Menu

## March 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Benefit Bar & String Cheese Hot Dog, Mac N Trees & Carrots	<b>2</b> Pumpkin Choc. Chip Muffin Taquitos, Spanish Rice & Corn	<b>3</b> Egg & Cheese Wrap Loaded Baked Potato, Homemade Roll & Fruit	<b>4</b> Pancake & Sausage links Pepperoni Pizza Bake & Side Salad, Pear Crisp	<b>5</b> Breakfast Pizza Cheeseburger & Fries, Frozen Fruit cup
<b>8</b> Apple Donut & String Cheese BBQ Rib Sandwich, Coleslaw & Cookie	<b>9</b> Peach Muffin Mandarin Orange Chicken, Sir Fry Veggies & Fried Rice	<b>10</b> Omelet & English Muffin Creamy Veggie Soup, Homemade Roll & Apples	<b>11</b> Yogurt & Granola Chicken Alfredo, Garlic Breadsticks & Side Salad	<b>12</b> Cereal & String Cheese Chicken Patty Sandwich, Baked Beans & Fruit
<b>15</b> Dutch Waffle Corn Dog, Carrots & Ranch, Peach Crisp	<b>16</b> Chocolate Zucchini Muffin Smothered Burritos, Rice & Corn	<b>17</b> Blueberry Pancakes Creamy Chicken & Rice Soup, Homemade Roll & Fruit	<b>18</b> Pancake Wrap Lasagna, Garlic Toast & Side Salad	<b>19</b> Cinnamon Roll Chicken Dippers, Veggie Cup & Cookie
<b>22</b> Breakfast Cookie Meatball Sub, Side Salad & Fruit	<b>23</b> Vanilla Muffin Egg Roll, Veggies w/Teriyaki Noodles, Mandarin Oranges	<b>24</b> French Toast Sticks Tomato Soup & Tuna Sandwich, Crackers	<b>25</b> Fruit Smoothie Cowboy Casserole, Green Beans & Cookie	<b>26</b> Cereal & Gogurt Hot Ham & Cheese Sandwich, Chips & Fresh Fruit
<b>29</b> NO SCHOOL!	<b>30</b> SPRING BREAK!	<b>31</b> SEE YOU BACK ON THE 5 <sup>TH</sup> !		

**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 and harvest conditions. Spring wheat is planted in the spring and harvested in the spring. Winter wheat is planted in the fall and harvested in the spring.
- What's in a bushel? One US bushel is approximately 60 pounds. One bushel of wheat weighs about 60 pounds.



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

