

Superior School Menu

May 2021



Monday	Tuesday	Wednesday	Thursday	Friday
3 Donut & String Cheese BBQ Pulled Pork Sandwich, Baked Beans & Fruit	4 Blueberry Pancakes & Sausage links Salsbury Steak Dinner w/Green Beans	5 Breakfast Sandwich Chicken Noodle Soup, Crackers & Salad	6 Smoothie & Gr. Crackers Chicken Taco, Rice & Corn	7 Cereal Bar & String Cheese Deli Wrap, Chips & Frozen Fruit Cup
10 Yogurt & Granola Corn Dogs, Macaroni Salad & Veggie Cup	11 Pumpkin Muffin Chicken Teriyaki, Fried Rice & Veggies	12 Apple Basket Chef Salad, Goldfish & Fruit	13 Breakfast Burrito & Salsa Baked Rotini w/meatsauce, Green Beans & Apple Slices	14 Benefit Bar & String Cheese Hot Ham & Cheese Sandwich, Baked Beans & Fruit
17 Mini Creamy Cheese Bagel BBQ Rib Sandwich, Potato Salad & Sliced Apples	18 Strawberry Crumb Cake Taco Salad, Corn & Brownie	19 Omlete & Hashbrown Pizza, Carrots & Ranch, Peaches	20 Pancakes & Sausage Country Steak Dinner, Roll, Green Beans & Mashed Potato	21 Apple Pie Stick Cheeseburger & Fries, Frozen Fruit Cup
24 Bagel & Cream Cheese Hot Dog, Mac n Cheese, Veggie Cup	25 Banana Choc. Chip Muffin S & S Chicken, Stir Fry Veggies & Noodles	26 Egg & Cheese Wrap Tomato Soup & Grilled Cheese Sandwich, Sliced Apples	27 French Toast Loaded Baked Potato, Side Salad & Fruit	28 Cereal & String Cheese Deli Wrap, Chips & Fresh Fruit
31 NO School! MEMORIAL DAY	1 Chef's Choice Chicken Dippers , Fresh Fruit & Cheez its	2 Cereal & String Cheese Sandwich, Chips & Fruit	HAVE A GREAT SUMMER!!	SUMMER LUNCH PROGRAM STARTS THE 14 TH OF JUNE!!

Beef is this month's Harvest of the Month. Did you know...

- Montana is home to more cattle than people and ranks 6th in the nation for the number of beef cattle.
- The first beef cattle arrived in the United States via Mexico in the 1500s, but more arrived in the early 1600s. In Virginia in 1620 about 500 cows roamed the fields, and less than a decade later the population increased to 30,000 bovines!
- Beef is an excellent source of vitamin B12 and protein and a good source of iron and vitamin B6. Protein helps build and repair body tissues including muscles.

To learn more about Montana Harvest of the Month visit:
www.montana.edu/mtharvestofthemoth

