

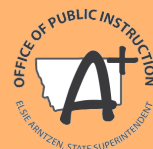


Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburgers, Baked Beans, French Fries, Coleslaw, Pineapple	3 Tacos (hard or soft), Corn & Bean Fiesta, Mandarin Oranges	4 Cod, Wedges, Bread, Peaches	5 Shepherd's Pie, Green Beans, Rolls, Pears	6 White Chicken Chili or Regular Chili, Bread, Applesauce
9 Corn Dogs, Caesar Salad, Apricots	10 Lasagna, Corn, Breadsticks, Mandarin Oranges	11 Senior Citizens' Day Chicken Alfredo Bake, Peas, Strawberries	12 Scalloped Potatoes & Ham, Carrots, Peaches	13 Knoephla Soup or Tomato Soup, Grilled Cheese Sandwiches, Apples
16 Taco-in-a-Bag, Corn & Bean Fiesta, Pears	17 Parmesan Chicken, Angel Hair Pasta, Broccoli, Grapes	18 Hamburgers, Gem Casserole, Corn, Peaches	19 No School	20 No School
23 Meatball Subs, Marinara Sauce, Wedges, Pineapple	24 Breakfast for Lunch (Biscuits & Gravy)	25 Chicken Nuggets, French Fries, Mandarin Oranges	26 Pizza, Beets, Peaches	27 No School
30 Spaghetti, Broccoli	31 Chicken Enchiladas, Green Beans, Dinner Rolls			

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

- Kale is in the vegetable food group.
- There are over 50 varieties of kale. Lacinato kale is also called dinosaur kale for its bumpy leaves. There are also ornamental varieties in many colors including white, pink, and purple.
- Kale becomes sweeter after experiencing a light frost.
- Kale has been grown for more than 6000 years and is in the brassica family along with bok choy, collards, and broccoli.

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



Menu subject to change.
 Milk served daily—White 2%, Skim, Low-Fat
 Chocolate. Desserts served at random. Fresh fruit served when available. Salad or salad bar served daily.

