



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef fajitas, tortillas, peppers & onions, strawberries	2 Cooks' choice, green beans, apple sauce
5 <b>Cheesy Doodle Day</b> Hot Dogs, macaroni & cheese, peas, apples	6 Spaghetti, garlic toast	7 Roast turkey, dressing, mashed potatoes, corn, pears	8 Chicken and cheese casserole, beets, grapes	9 <b>Crab Meat Day</b> Crab croissant, turkey noodle soup, strawberries
12 Roast beef dinner, mashed potatoes, corn, mixed fruit	13 Chicken nuggets, curly fries, broccoli salad, apricots	14 Hamburgers, baked beans, chips, peaches	15 Chicken enchiladas, green beans, mandarin oranges	16 <b>No school</b> 
19 <b>No school</b> 	20 <b>Harvest of the Month Dinner</b> Chili, cinnamon roll, salad bar, pineapple~ <b>Community invited at 11 am – PLEASE CALL THE OFFICE TO SIGN UP</b> ☎	21 <b>Senior Citizens' Day</b> Smothered beef, mashed potatoes, peas, whole wheat rolls, strawberries,	22 Teriyaki chicken, fried rice, mixed fruit	23 <b>Chips &amp; Dip Day</b> Deli sandwiches, chips & dip, vegetable beef soup
26 Chicken fajitas, tortillas, corn & bean fiesta, peaches	27 Breakfast for lunch, waffles, eggs, pineapple, caramel rolls	28 Beef stroganoff, beets, pears	29 Chicken fried steak, mashed potatoes, corn, cole slaw, mandarin oranges	30 <b>No School</b> 

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

- Montana is home to more cattle than people and ranks 6<sup>th</sup> in the nation for the number of beef cattle.
- Cattle are ruminants, meaning their stomachs have four chambers. Typically, cattle are raised in pastures until they are at least one year old. Then they are sold and transported for "finishing," which means they are usually fed a grain-based diet to increase weight and fat marbling. Some cattle are raised entirely on pasture or are "finished" on grass and are called grass-fed or grass-finished.

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



**Menu subject to change. Milk served daily—White 2%, Skim, Low-Fat Chocolate. Desserts served at random.**  
**Salad bar served daily.**