



December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Taco Soup or Vegetable Beef Soup, Croissant Sandwiches, Watermelon
4 French Dip Sandwiches, Wedges, Mixed Fruit, Honey Dew	5 Baked Potato Bar with Chili or Broccoli & Cheese, Bananas, Pears	6 Senior Citizens' Day Chicken Parmesan, Angel Hair Pasta, Peas, Rolls, Mandarin Oranges – HOM Taste Test Winter Squash	7 Hamburgers, French Fries, Baked Beans, Cantaloupe, Pineapple	8 Chicken Rice Soup or Carrot Soup, Chicken Wraps, Apple Sauce
11 Spaghetti with Meat Balls, Garlic Toast, Winter Squash , Strawberries	12 Super Nachos, Black Beans, Mandarin Oranges, Cantaloupe	13 Hot Ham and Cheese Sandwiches, Potato Chips, Sweet Potatoes, Apples, Watermelon	14 Salisbury Steak, Rice, Corn, Whole-Wheat Rolls, Peaches	15 Broccoli Cheese Soup or Tortellini Tomato Soup, Turkey Sandwiches, Pears
18 Pizza, Celery & Carrot Sticks, Cantaloupe, Mandarin Oranges, Rice Krispie Bars	19 Tacos, Corn & Bean Fiesta, Mixed Fruit, Honey Dew	20 Chicken Nuggets, Wedges, Beets, Apples, Cookies or Bars	 21	 22
 25	 26	 27	 28	 29



Salad bar served daily.

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

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

- Winter squash are in the vegetable food group.
- Gourds, cucumbers, and melons are all part of the Cucurbit family, but all have different origins. Squash and pumpkins are native to the Americas, while cucumbers originated in eastern Asia and melons in Africa or Persia.
- 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

