Superior Menu

November 2018

Montana Harvest of the Month

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pancakes Chili & Pretzel, Salad	2 Donut & Gogurt Chicken Patty Sandwich, Fries & Fruit
5 Banana Choc. Chip Muffin Corn Dog, Carrots & Cheesy Potatoes	6 Breakfast Pizza Smothered Burritos, Corn, Rice & Refried Beans	7 French Toast Sticks Lasagna, Garlic Toast, Salad & Green Beans	8 Apple Pie Stick & String Cheese Hot Dog, Mac N Cheese, Veggie Cups	9 NO SCHOOL!
12 Carrot Cake Muffin & Gogurt Chicken Philly Sandwich, Cheesy Broccoli	13 Biscuits & Gravy Chicken & Waffles, Hashbrown & Applesauce	14 Mini Creamy Cheese Bagel Pork Chop Dinner, Roll, **Roasted Butternut Squash**	15 Breakfast Sandwich Tomato Soup, Pretzel & Salad	16 Yogurt & Granola Sub Sandwich, Sweet Potato Fries & Fruit
19 **Pumpkin Choc. Chip Muffin** Fish'wich, Cheesy Potatoes & Broccoli Normandy	20 Cereal of Choice Turkey Dinner with all the Trimmings, **Pumpkin Bars**	21 No School!!!!!!!!!!!!!!!!	22 HAPPY THANKSGIVING!!!	23 No School!!!!!!!!!!!!!!!!!!!!
26 Vanilla Pear Muffin & String Cheese Pulled Pork Sandwich, & Baked Beans	27 Breakfast Taco & Salsa Taco Salad, Corn & Refried Beans	28 Nutrigrain Bar & String Cheese Country Steak Dinner, Roll & Green Beans	29 Biscuit w/Jam or Honey, Gogurt Cheesy Potato Soup or Roasted Butternut Squash Soup, Salad & Crackers	30 Poptart & String Cheese Chicken Tenders, Fries & Veggie Cups

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/mtharvestofthemonth

OFFICE OF PUBLIC INSTRUCTION — ELSIE ARNTZEN, STATE SUPERINTENDENT