

Superior Menu

September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3 No School! Labor Day	4 Lemon Poppy Seed Muffin Orange Chicken, Not Fried Rice & Stir Fried Veggies	5 Breakfast Pizza Pizza & Caesar Salad	6 Breakfast Bar & String Cheese Chicken Drumstick Dinner, Corn & Mashed Potatoes	7 Cinnamon Roll Fish & Chips, Veggie Cups & Hummus, Frzn. Fruit cup
10 French Toast Sticks Meatball Subs, Green Beans & Cheesy Potatoes	11 Pumpkin Choc. Chip Muffin Smothered Burritos, Corn & Rice	12 Mini Creamy Cheese Bagel Turkey Sandwich & Garden Salad or KALE SLAW	13 Yogurt & Graham Crackers Pork Chop Dinner, Honey Glazed Carrots & Mashed Potatoes	14 Breakfast Burrito & Salsa BBQ Rib Patty Sandwich, Baked Beans or Potato Salad
17 Biscuits & Gravy Pulled Pork Sandwich, KALE SLAW or Macaroni Salad	18 Vanilla Pear Muffins Chicken & Waffles, Hashbrown & Frzn. Fruit cup	19 Breakfast Sandwich Chicken Caesar Salad or Chef Salad & Breadstick	20 Cereal Cowboy Casserole, Green Beans & Fruit	21 Apple Pie Squares Chicken Sandwich, Carrots & Hummus, Chips
24 Poptart & String Cheese Philly Flatbread Melt, Mashed Potatoes & Fruit	25 Apple Spice Muffins Super Nachos, Refried Beans, Rice & Salsa	26 Pancake Wrap Chicken Noodle Soup, Roll & Garden Salad	27 Nutrigrain Bar & Gogurt Cheesy Dippers w/ Marinara Sauce & Broccoli Normandy	28 Scrambled Eggs & Hashbrown Corndog, Fries & Veggie Cups

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: