

CONRAD PUBLIC SCHOOLS LUNCH MENU

DECEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 B – Pop tart/breakfast bar, fruit L #1 BBQ pulled pork sandwich, Apple crisp, salad bar L #2 Pepperoni pizza, salad bar</p>	<p>4 B – English muffin, fruit L #1 Mac & cheese, little smokies, Salad bar L #2 Cheeseburger, baked beans Salad bar</p>	<p>5 B – Cereal, yogurt, fruit L #1 Mexican lasagna, rice, beans, Salad bar L #2 Sausage Stromboli, salad bar</p>	<p>6 B – Pancakes, fruit L #1 Chicken strips, fries, salad bar L #2 Cheeseburger, fries, salad bar</p>	<p>7 B – Maple bar, fruit L #1 Tater tot casserole, roll, Salad bar L #2 Cheese pizza, salad bar</p>
<p>10 B – Breakfast stick, fruit L #1 Spaghetti, garlic bread Salad bar L #2 Pepperoni pizza, salad bar</p>	<p>11 B – Pancake wrap, fruit L #1 Chicken noodle soup, roll Salad bar L #2 Cheeseburger, chips, salad bar</p>	<p>12 B – Cereal, yogurt, fruit L #1 Chili, cinnamon roll, Salad bar L #2 Pepperoni Stromboli, Salad bar</p>	<p>13 B – French toast sticks, fruit L #1 Hot Dog, fries, salad bar L #2 Cheeseburger, fries, salad bar</p>	<p>14 B – Maple bar, fruit L #1 – Chicken tetrazzini, Baked apples, salad bar L #2 – Cheese pizza, salad bar</p>
<p>17 B – Oatmeal, fruit L #1 Tuna & noodles, Rice krispie bar, salad bar L #2 Pepperoni pizza, salad bar</p>	<p>18 B – Muffin, Fruit L #1 Taco Burger, taco soup, Salad bar L #2 Cheeseburger, chips, Salad bar</p>	<p>19 B – Cereal, yogurt, fruit L #1 Pretzel, ham, salad bar L #2 Hawaiian Stromboli, Salad bar</p>	<p>20 NO SCHOOL</p>	<p>21 NO SCHOOL</p>
<p>23 NO SCHOOL</p>	<p>24 NO SCHOOL</p>	<p>25 NO SCHOOL</p>	<p>26 NO SCHOOL</p>	<p>27 NO SCHOOL</p>
<p>31 NO SCHOOL</p>				

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

