

CONRAD SCHOOL LUNCH MENU

April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 B – Breakfast bar/pop tart, fruit L #1 Chicken drummies, potato, Bread stick, salad bar L #2 Pepperoni Pizza, salad bar</p>	<p>2 B – Muffin, fruit L #1-Beef & Bean enchilada, rice, salad bar L #2 Cheeseburger, fries, salad bar</p>	<p>3 B – Cereal, string cheese, fruit L #1 French toast sticks, sausage, Egg, salad bar L #2 Sausage Stromboli, salad bar</p>	<p>4 B Breakfast pizza, fruit L #1 Corn dog, fries, salad bar L #1 Cheeseburger, fries, salad bar</p>	<p>5 B – Maple bar, fruit Mr. Brown's class choice L #1 Grilled cheese, tomato soup, salad bar L #2 Cheese Pizza, salad bar</p>
<p>8 B – Oatmeal, fruit L #1 Tuna & Noodles, apple crisp, salad bar L #2 Pepperoni Pizza, salad bar</p>	<p>9 B – French toast sticks, fruit L #1 Chicken taco, corn, salad bar L #2 Cheeseburger, chips, salad bar</p>	<p>10 B – Cereal, yogurt, fruit L #1 Chili, cinnamon roll, salad bar L #2 Pepperoni Stromboli, salad bar</p>	<p>11 B – Pancake wrap, fruit L #1 Chicken strips, fries, salad bar L #2 Cheeseburger, fries, salad bar</p>	<p>12 B – Maple bar, fruit L #1 Biscuits & gravy, hash brown, salad bar L #2 Cheese Pizza, salad bar</p>
<p>15 B – Breakfast stick, fruit L #1 Lasagna, garlic bread, salad bar L #2 Pepperoni Pizza, salad bar</p>	<p>16 B – Pancakes, fruit Mrs. Taule's class choice: L #1 Mac & Cheese, Little smokies, salad bar L #2 Cheeseburger, chips, salad bar</p>	<p>17 B – Cereal, string cheese, fruit L #1 Pretzel, ham, salad bar L #2 Hawaiian Stromboli, salad bar</p>	<p>18 B – English Muffin, fruit L #1 Hot ham & Cheese, fries, salad bar L #2 Cheeseburger, fries, salad bar</p>	<p>19 NO SCHOOL</p>
<p>22 NO SCHOOL</p>	<p>23 B Waffle, fruit Ms. Smith's class choice: L #1 Italian dunkers, Cheesy broccoli soup, salad bar L #2 Cheeseburger, chips, salad bar</p>	<p>24 B – Cereal, yogurt, fruit L #1 BBQ Meatballs, rice, Salad bar L #2 Cheeseburger Stromboli, salad bar</p>	<p>25 B – Bagel, fruit L #1 Hot dog, fries, salad bar L #2 Hamburger, fries, salad bar</p>	<p>26 B – Maple bar, fruit L #1 Tater tot casserole, roll, salad bar L #2 Cheese Pizza, salad bar</p>
<p>29 B – Oatmeal, fruit L #1 Chicken noodle soup, Tuna sandwich, salad bar L #2 Pepperoni pizza, salad bar</p>	<p>30 B – Breakfast pizza, fruit L#1 Taco in a bag, taco soup, salad bar L #2 Cheeseburger, chip, salad bar</p>			

Grains are this month's Harvest of the Month. Did you know...

- Grains make up their own food group.
- Wheat is classified by the season in which it is grown, hardness, color, and other factors. Spring wheat is planted in the spring and harvested in the late summer. Winter wheat is planted in the fall and harvested in the spring or summer, depending on the conditions.
- Kamut, grown in Montana, is an ancient variety of wheat and is an excellent source of the mineral selenium.

To learn more about Montana Harvest of the Month visit:
www.montana.edu/mtharvestofthemoth

