

CONRAD SCHOOL

LUNCH MENU

February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 B – Maple Bar, fruit L #1 Turkey, potato, roll, salad bar L #2 Cheese Pizza, salad bar
4 B – Oatmeal, fruit L #1 BBQ pulled pork sandwich, corn, salad bar L #2 Pepperoni Pizza, salad bar	5 B – Muffin, fruit L #1 Italian dunkers, cheesy broccoli Soup, salad bar L #2 Cheeseburger, chips, salad bar	6 B – Cereal, yogurt, fruit L #1 Chili, cinnamon roll, salad bar L #2 Pepperoni Stromboli, salad bar	7 B – Bagel, fruit L #1 Chicken strips, fries, salad bar L #2 Cheeseburger, fries, salad bar	8 B – Maple Bar, fruit L #1 Mrs. Martin's class choice: Grilled cheese, tomato soup, salad bar L #2 Cheese Pizza, salad bar
11 B – Pop tart, fruit L #1, Chicken drummie, potato, Bread stick, salad bar L #2 Pepperoni Pizza, salad bar	12 B – Pancakes, fruit L #1 Sloppy joes, baked beans, salad bar L #2 Cheeseburger, baked beans. Salad bar	13 B – Cereal, yogurt, fruit L #1 Pretzel, ham, salad bar L #2 Cheese Stromboli, salad bar	14 B – English muffin, fruit L #1 Hot dog, fries, salad bar L #2 Hamburger, fries, salad bar	15 B – Maple bar, fruit L #1 Mrs. Dyer's class choice: Turkey sandwich, rice krispie bar, Salad bar L #2 Cheese Pizza, salad bar
18 NO SCHOOL	19 B French toast sticks, fruit L #1 Lasagna, garlic bread, salad bar L #2 Cheeseburger, chips, salad bar	20 B – Cereal, string cheese, fruit L #1 Cheesy potatoes & ham soup, Cheese crackers, salad bar L #2 Hawaiian Stromboli, salad bar	21 B – Pancake wrap L #1 Mrs. Munson's class choice: Taco Burger, fries, salad bar L #2 Cheeseburger, fries, salad bar	22 B – Maple bar, fruit L #1 Biscuits & gravy, hash brown, salad bar L #2 Cheese Pizza, salad bar
25 B – Oatmeal, fruit L #1 Chicken pot pie, Apple crisp, salad bar L #2 Pepperoni Pizza, salad bar	26 B – Breakfast pizza, fruit L #1 Mrs. Lucas's class choice: Corn dog, chips salad bar L #2 Cheeseburger, chips, salad bar	27 B – Cereal, string cheese, fruit L #1 Beef & bean enchilada, rice, salad bar L #2 Sausage Stromboli, salad bar	28 B – Waffle, fruit L #1 BBQ pork sandwich, fries, salad bar L #2 Hamburger, fries, salad bar	

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

- Beets are in the vegetable food group.
- While different in nutrient composition and culinary use, sugar beets are an important part of Montana's economy. Montana is a top producer of sugar beets, harvesting nearly 1.5 million pounds from 44,000 acres in 2014!
- Beets have the highest sugar content of any vegetable but are packed with nutrients!

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

