

CONRAD SCHOOL LUNCH MENU

March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 B - Maple bar, fruit L #1 Grilled cheese, tomato soup, salad bar L #2 Cheese Pizza, salad bar
4 B - Breakfast bar, fruit L #1 Mrs. Baker's class choice Chicken drummies, potato, salad bar L #2 Pepperoni Pizza, salad bar	5 B - Pancakes, fruit L #1 Burrito, rice, salad bar L #2 Cheeseburger, chips, salad bar	6 B - Cereal, yogurt, fruit L #1 Chicken & rice, green beans, salad bar L #2 BBQ chicken Stromboli, salad bar	7 B - Breakfast pizza, fruit L #1 Corn dog, fries, salad bar L #2 Cheeseburger, fries, salad bar	8 B - Maple bar, fruit L #1 Tater tot casserole, roll, salad bar L #2 Cheese Pizza, salad bar
11 B - Oatmeal, fruit L #1 BBQ pork sandwich, Baked apples, salad bar L #2 Pepperoni pizza, salad bar	12 B - Muffin, fruit L #1 Mrs. Barnhill's class choice: Hot dog, chips, salad bar L #2 Cheeseburger, chips, salad bar	13 B - Cereal, yogurt, fruit L #1 Spaghetti, garlic bread, salad bar L #2 Cheese stromboli, salad bar	14 B - French toast sticks, fruit L #1 Hot ham & Cheese, fries, salad bar L #2 Cheeseburger, fries, salad bar	15 B - Maple bar, fruit L #1 Fish sandwich, cookie Salad bar L #2 Cheese pizza, salad bar
18 B Breakfast stick, fruit L #1 Chicken taco, corn, salad bar L #2 Pepperoni Pizza, salad bar	19 B - Breakfast pizza, fruit L #1 Mrs. Schelpp's class choice: Italian dunkers, Cheesy broccoli soup, salad bar L #2 Cheeseburger, chips, salad bar	20 B - Cereal, yogurt, fruit L #1 Chili, cinnamon roll, salad bar L #2 Sausage stromboli, salad bar	21 B - Bagel, fruit L #1 Chicken strips, fries, salad bar L #2 Cheeseburger, fries, salad bar	22 B - Maple bar, fruit L #1 BBQ pulled pork, apple crisp, salad bar L #2 Cheese Pizza, salad bar
25 B - Pancakes, fruit L #1 White chicken chili, Corn bread, salad bar L #2 Pepperoni Pizza, salad bar	26 B - Waffle, fruit L #1 Texas sombrero, corn, salad bar L #2 Cheeseburger, chips, salad bar	27 B - Cereal, yogurt, fruit L #1 Pretzel with ham, salad bar L #2 Hawaiian Stromboli, salad bar	28 B - Pancake wrap, fruit L #1 Mrs. Orcutt's class choice Taco burger, fries, salad bar L #2 Cheeseburger, fries, salad bar	29 B - Maple bar, fruit L #1 Turkey, potato, roll, Salad bar L #2 Cheese pizza, salad bar

Beef is this month's Harvest of the Month. Did you know...

- Beef is in the protein food group.
- Montana is home to more cattle than people and ranks 6th in the nation for the number of beef cattle.
- Cattle are ruminants, meaning their stomachs have four chambers. Typically cattle are raised in pastures until they are at least one year old. Then they are sold and transported for "finishing," which means they are usually fed a grain-based diet to increase weight and fat marbling. Some cattle are raised entirely on pasture or are "finished" on grass and are called grass-fed or grass-finished.

To learn more about Montana Harvest of the Month visit:

