

Lunch K-12

Salad Bars Available
PHS Mon-Fri SGMS Mon-Fri
EASTSIDE Tues-Thurs
WINANS Tues-Thurs (Fruit & Veggie)

December 2018: Carrots



Monday	Tuesday	Wednesday	Thursday	Friday
3 December Chicken Patty sandwich Chips Cauliflower Fruit	4 Beef Tacos 🌱 Rice Veggie Apple slices	5 Chicken Nuggets Mashed Potatoes/Gravy Carrots 🌱 Fruit	6 White Chicken Chili Muffin Fresh Veggie 🌱 Grapes	7 Egg & Cheese roll up Sausage Patty Tater Triangle Orange Juice
10 BBQ Rib Sandwich Baked Beans Coleslaw Apple slices	11 Taco Crunch 🌱 Corn/Salsa Grapes Graham Snack	12 Chicken Strips Mashed Potatoes/Gravy Carrots 🌱 Fruit	13 Spaghetti with meat sauce 🌱 Broccoli Normandy Breadstick Fruit	14 Ham & Cheddar Sandwich Chips Carrot salad Fruit
17 Chicken Pasta Florentine Breadstick Veggie Blend Fruit	18 Supreme Nachos 🌱 Corn/Salsa Grapes Refried Beans	19 Cheesy Ham & Hash browns Roll Veggie Blend Fruit	20 Cheeseburger 🌱 Crinkle Fries Pickle Spears Fruit	21 Turkey Sandwich Pretzels Carrot 🌱s & Apple Sauce Cup Holiday Cookie
24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL
31 NO SCHOOL THE NEW YEAR IS A GREAT TIME TO CATCH UP OR GET AHEAD ON YOUR MEAL ACCOUNT BALANCE	1 JANUARY NO SCHOOL	2 Corn Dog Chips Pickle Spears Fruit	3 Pasta Bake with mini meatballs Fresh veggie Fruit	4 Pizza Salad/Dressing/Veggie Fruit

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

- Carrots are in the vegetable food group.
- Today carrots come in many colors including purple, black, yellow, orange, red, and white and also range in size from a round 2-inch carrot to a slender 3-foot carrot!
- Baby-cut carrots are made from full-grown, thin carrots by peeling and cutting them to the desired size and shape. True baby carrots are harvested early and actually look like miniature carrots.

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

For more information about local products and Harvest of the Month, visit F2SPC's social media:

facebook.com/F2SLivingstonMT

@f2s_parkcounty on Instagram



= LOCAL PRODUCT

