

Lunch K-12

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

February 2019: Beets



Monday	Tuesday	Wednesday	Thursday	Friday
				1 NO SCHOOL
4 PHS Lunch Bunch BBQ Pork Sandwich Chips Pickle Spear Fruit	5 Taco Crunch Corn Grapes Graham snack	6 Chicken Nuggets Mashed potatoes/gravy Carrots Fruit	7 Spaghetti & meat sauce Salad/Dressing Breadstick Fruit	8 Mini Corn Dog Mac & Cheese Cauliflower Fruit
11 Bean & Cheese Burrito Tortilla Chips Corn Apple slices	12 Hamburgers Pretzels Celery Fruit	13 Turkey Noodle Soup Corn Muffin/Crackers Cauliflower Fruit	14 Pizza Salad/dressing Fruit Chocolate LOVE cake	15 Gold Ranger/Cougar Grilled Chicken Sandwich Tater Coins Carrots Fruit
18 PHS Lunch Bunch Hot Dog Nachos Fresh Broccoli Fruit	19 Chicken Taco Corn/Salsa Refried Beans Fresh Fruit	20 Chicken Tenders Mashed Potatoes/Gravy Carrots Fruit	21 Meatball sub Kettle Chips Celery Fruit	22 NO SCHOOL
25 Turkey & Cheese Roll Up Baked Beans Pretzels Fruit	26 Supreme nachos Corn/Salsa Fresh Fruit	27 Hamburger gravy over Noodles Green Beans Roll Fruit	28 Sloppy Joe Sun Chips Carrots Apple slices	March 1 Birthday Cake Green Eggs, Ham & Cheese Go Gurt Tater tots Fruit

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 tons 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



= LOCAL PRODUCT

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

[facebook.com/F2SLivingstonMT](https://www.facebook.com/F2SLivingstonMT)

@f2s_parkcounty on Instagram

