








Lunch K-12

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

January 2019: Lentils



Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO SCHOOL	2 Corn Dog Chips Pickle Spear Fruit	3 Pasta bake w/ mini meatballs Fresh Veggie Fruit	4 Pizza Salad/Dressing Veggie Fruit
7 Chicken Noodle Soup Breadsticks/Crackers Salad/Dressing Fruit	8 Beef Nacho Supreme  Spanish Rice Corn Fruit	9 Chicken nuggets Mashed potatoes/Gravy Carrots Fruit	10 Spaghetti w/ meat sauce  Roll Veggie blend Fresh fruit	11 Cheeseburger  Chips Pickle Spear Fruit
14 Hot Dog Sun Chips Cauliflower Apple Slices	15  Taco Crunch Corn Grapes Graham Snack	16 Chicken Tenders Mashed potatoes/Gravy Fresh Vegetable Fruit	17 Ham & Scalloped Potatoes Green Beans Roll Apple Slices	18 NO SCHOOL
21 Sweet & Sour Chicken, Noodles Snap peas Mandarin orange Fortune Cookie	22 Enchilada Bake  Tortilla Chips Green beans Grapes	23 Chicken Patty Sandwich Chips Carrots Fruit	24  Chili Cinnamon Roll Fresh Veggie Apple Slices	25 Corn Dog & nachos Green Beans Fruit
28 Pork Chop Johns Tater Coins Carrots Fruit	29 Chicken Fajita Taco Corn/Salsa Refried Beans Grapes	30 Chicken Tenders Mashed potatoes/Gravy Broccoli Fruit	31 Ham & Cheese Sandwich Chips Pickle Spear Fruit	

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

- Lentils are in the protein and vegetable food groups.
- Montana is the top producer of lentils in the United States, producing almost 40% of the lentils grown in this country!
- Like other legumes, lentils add nitrogen to the soil, improving soil health. This makes them a good rotational crop with wheat and other grains.

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

 = LOCAL PRODUCT

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

facebook.com/F2SLivingstonMT

@f2s_parkcounty on Instagram

