

# Lunch K-12

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

## November 2018: Winter Squash



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pasta & meat sauce Breadstick Salad/Dressing & Fruit	2 NO SCHOOL
5 Teriyaki Chicken & Rice Veg Blend & Fruit Fortune Cookie	6 Taco Crunch Corn & grapes Fruit Churro	7 Chicken Strips Mashed Potatoes/Gravy Carrots & Fruit	8 Pizza Salad/Dressing/Vegetable Apple slices	9 Pulled Pork Sandwich Pretzels Baked Beans & Fruit
12 Chicken Noodle Soup Breadstick/Crackers Salad/Dressing & Fruit	13 BBQ Rib Sandwich Cole Slaw Pickle Spears & Fruit	14 THANKSGIVING DINNER Turkey/Potatoes/Gravy Roll/Vegetables/Cranberries Pumpkin Bar	15 Corn Dogs Nachos Vegetable & Fruit	16 K-5 + Cougar option Ham Sandwich Chips Vegetable & Fresh Fruit
19 Philly Cheesesteak Sandwich Tots Vegetable & Fruit	20 Chicken Salad wrap Sun Chips Carrots & Fruit	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL
26 Orange Chicken Asian Rice (peas & carrots) Fruit & fortune cookie	27 Pork Fajitas tacos Tortilla Chips Mango/black bean/corn Salsa	28 Chicken Strips Butternut Mac & Cheese Fruit & strawberry smile	29 Lasagna with meat sauce Salad/Dressing/Vegetable Fruit & Roll	30 Cheeseburgers Tater Tots Corn cobb & Fruit

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

- Winter squash are in the vegetable food group.
- Gourds, cucumbers, and melons are all part of the Cucurbit family, but all have different origins. Squash and pumpkins are native to the Americas, while cucumbers originated in eastern Asia and melons in Africa or Persia.
- To some Native American tribes, corn, beans, and squash are known as the "Three Sisters." These plants were grown together and were staples of many tribes in North America.

[www.montana.edu/mtharvestofthemonth](http://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

(406)222-0209 Livingston Food Service

