




Livingston Lunch K-12

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

May 2019: Chickpeas



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Patty Sandwich Tater coins Peas & Carrots Grapes	2 Chicken Alfredo WG roll Green Beans Fruit	3 Corn Dog Nachos Pickle Spear Apple Slices
6 Asian Chicken Rice Veggie Blend Fruit / Fortune Cookies	7  Taco Crunch Corn Graham Snack Fruit	8 Chicken Strips Mashed Potatoes WG Roll Glazed Carrots & Fruit	9 Pizza Salad/Dressing Snap Peas Apple Slices	10 Chicken Salad Slider Broccoli Cheddar Soup Fruit
13 Philly Cheese Steak Chips Cauliflower Fruit	14 White Chicken Chili Corn Muffin Salad/Dressing Sliced Apples	15 Popcorn Chicken Mashed Potatoes Carrots Fruit	16  Pasta w/ Meat Sauce WG Roll Peas Fruit	17  GRF Cougar Chef Salad w/ Hummus Pretzel Stick Fruit
20 Pork BBQ Sandwich Baked Beans Coleslaw Fruit	21 Chicken Supreme Nachos Corn/Salsa Mexicali Rice Fruit Cup	22 Chicken Strips Mashed Potatoes / Gravy Carrots Fruit	23 Meatball Sub Chips Broccoli Apples	24 NO SCHOOL
27 No School	28 Chicken Taco Salsa Refried Beans Fruit	29 French Toast Sausage Hash browns Fruit	30 Italian Dunkers w/ sauce Salad / Dressing Fruit	31 Cheese Burger Bar Chips Carrots & Grapes

JUNE 3 -7th COOKS CHOICE VARIETY NO SALAD OR VEGGIE BARS

*****ALL MEAL ACCOUNTS *MUST* BE PAID IN FULL BEFORE SUMMER BREAK*****

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

- Chickpeas, also called garbanzo beans, have been enjoyed as a nutritious food source for 7,000 years. The name chickpea comes from their similarity of appearance to a chick's beak.
- Like other legumes, chickpeas have root nodules that fix nitrogen, which helps improve the soil. This bushy plant varies in height from 8 inches to 3 feet grows best in dry climates. Each pod contains 3 chickpeas.

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

