

Lunch K-12

All Breakfast & Lunch meals are FREE for all students thanks to a USDA grant.

November 2020: Winter Squash



Monday	Tuesday	Wednesday	Thursday	
2 BBQ Pork Sandwich Coleslaw/Baked Beans or Chips Fruit/Milk	3 Chicken Strips Mashed Taters/Gravy Carrots/Roll/Fruit	4 Pizza (or Pocket) Salad/Dressing/Fruit	5 Sweet & Sour Chicken Rice & Veggies Mandarins/Fortune Cookie	6 Off Site – Sack Lunch Variety
9 100% Park County Beef Burger Fries or Chips Veggie/Fruit	10 Ham & Cheese Potatoes Green Beans Roll/Fruit	11 Pasta & Meatballs Salad/Dressing Breadstick/Fruit	12 Chicken Strips Mashed Taters/Gravy Carrots/Roll/Fruit	13 Off Site – Sack Lunch Variety
16 Corn Dog Fries or chips Veggie/Fruit	17 Tomato Soup Breadstick/Crackers Veggie/Fruit	18 Turkey Dinner Potatoes/gravy/roll Veggie/Fruit	19 Turkey Dinner Potatoes/gravy/roll Veggie/Fruit	20 Off Site – Sack Lunch Variety
23 Chicken & Noodles Roll Veggie/Fruit	24 Sloppy Joes Fries or Chips Veggie/Fruit	25 Off Site	26 THANKSGIVING	27 NO SCHOOL
30 Hot Dog Chips Veggie/Fruit	Dec 1 Chicken Strips Mac & Cheese Carrots/Fruit	Dec 2 Spaghetti & Meat Sauce Breadstick Green Beans/Fruit	Dec 3 Chicken Enchilada Bake Corn Fruit	Dec 4 Off Site

= LOCAL PRODUCT

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/mtharvestofthemoth



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