







LUNCH K-12

Salad Bars Available 
PHS Mon-Fri **SGMS** Mon-Fri **EASTSIDE** Tues-Thurs
WINANS Tues-Thurs (Fruit & Veggie bar)
 LUNCH PRICES: K-5 \$2.65 6-12 \$2.85 Milk \$.45
 Adult \$4.00

October 2018 Apples & Kale



Monday	Tuesday	Wednesday	Thursday	Friday
1 Italian Dunkers & sauce Salad/Dressing Snap Peas & Fruit	2 Beef Taco  Rice Corn & Fresh Fruit	3 Chicken Patty Sandwich Tater Smiles Carrots & Fruit	4 Spaghetti & Meat sauce  Garlic Bread Salad/Kale/Dressing & Fruit 	5 BBQ Rib Sandwich Baked Beans Coleslaw & Fresh Fruit
8 Sweet & Sour Chicken Rice Snap Peas & Fruit Cookie	9 Taco Crunch  Refried Beans Corn & Fresh Fruit	10 Chicken Nuggets Sun Chips Cauliflower & Fruit	11 Chili  Homemade Cinnamon Rolls Carrots & Fresh Fruit	12 Turkey & Cheese Sandwich Chips Celery & Fruit
15 Mini Corn Dogs Fritos Green Beans & Fruit	16 Beef Enchilada Bake  Tortilla Chips Corn & Fresh Fruit	17 Chicken Strips Mashed Potatoes/Gravy Carrots & Fruit	18 NO SCHOOL	19 NO SCHOOL
22 Chicken Patty Sandwich Tater Tots Carrots & Fruit	23 Supreme Nachos Refried Beans Corn & Fruit	24 MT CRUNCH TIME!! Meatloaf  Mashed Potatoes/Gravy Broccoli & Fresh Apples 	25 Turkey Noodle Bake Corn Muffin Salad/Kale/Dressing & Fruit 	26 Ham & Swiss Wrap Chips Cauliflower & Fresh Fruit
29 Sloppy Joes  Pretzels Green Beans & Fruit	30 Hamburgers  Tater Coins Corn & Fruit	31 Chicken Nuggets Spider Web Mac & Cheese Gremlin Peas & Fruit Dessert	Nov 1 Pasta & Meatballs Breadstick Salad/Kale/Dressing & Fruit 	Nov 2 NO SCHOOL

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

- Apples are in the fruit food group.
- There are over 7,500 varieties of apples grown worldwide and 2,500 are grown in the US. However, only a handful of varieties are commonly found in grocery stores today.

Kale is also this month's Harvest of the Month. Did you know...

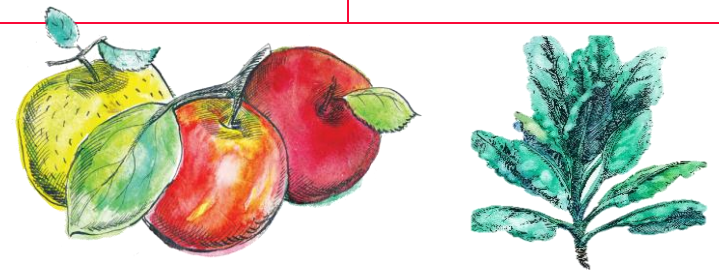
- Kale is in the vegetable food group.
- There are over 50 varieties of kale. Lacinato kale is also called dinosaur kale for its bumpy leaves. There are also ornamental varieties in many colors including white, pink, and purple.
- Kale becomes sweeter after experiencing a light frost.
- Kale has been grown for more than 6000 years and is in the brassica family along with bok choy, collards, and broccoli.

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:

<https://www.facebook.com/F2SLivingstonMT>
 @f2s_parkcounty on Instagram



Menu subject to change
 Livingston School District
 Food Service Dept.
 406-222-0209

