

Belgrade Elementary Schools

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Prices K-4 \$2.50 5-8 \$2.75 9-12 \$3.00 Adult \$4.00 Milk \$.50 Reduced \$.40	1 New Years' Day No School	2 Choice of: Pizza or PB & J Sandwich Included: Vegetable, Fruit & Milk	3 Choice of: Burger or Chef Salad Included: Potatoes, Vegetable, Fruit, Milk	4 Cook's Choice (No Second Entrée) Included: Vegetable, Fruit, Milk
7 Choice of: Soup & Sandwich or Meat & Cheese Wrap Included: Vegetable, Fruit, Milk	8 Choice of: Chicken Drumstick or Fruit Salad Included: Potatoes, Vegetable, Fruit, Milk	9 Choice of: Super Nachos or PB & J Sandwich Included: Vegetable, Fruit, Milk	10 Choice of: Hot Dog w/ Bun or Chef Salad Included: Potatoes, Vegetable, Fruit, Milk	11 Choice of: Chicken Parmesan or Variety Sandwich Included: Vegetable, Fruit, Milk
14 Choice of: Beef Ole' or Meat & Cheese Wrap Included: Vegetable, Fruit, Milk	15 Choice of: Chicken Nuggets or Fruit Salad Included: Vegetable, Rice, Fruit, Milk	16 Choice of: Quesadilla or PB & J Sandwich Included: Vegetable, Fruit, Milk	17 Choice of: Burger or Chef Salad Included: Vegetable, Potatoes, Fruit, Milk	18 EARLY RELEASE COOK'S CHOICE (No second Entrée) Includes: Vegetable, Fruit, Milk
21 Choice of: Baked Cheese Sandwich or Meat & Cheese Wrap Included: Soup, Vegetable, Fruit, Milk	22 Choice of: Pizza or Fruit Salad Included: Vegetable, Fruit, Milk	23 Choice of: Fiesta Bowl or PB & J Sandwich Included: Vegetable, Fruit, Milk	24 Choice of: Meatballs w/ Mashed Potatoes or Chef Salad Included: Vegetable, Bread, Fruit, Milk	25 Choice of: BBQ Pork Sandwich or Variety Sandwich Included: Vegetable, Potatoes, Fruit, Milk
28 Choice of: Chicken Alfredo or Meat & Cheese Wrap Included: Vegetable, Fruit, Milk	29 Choice of: Chicken Tenders or Fruit Salad Included: Vegetable, Fruit, Milk	30 Choice of: Soft Shell Taco or PB & J Sandwich Included: Vegetable, Fruit, Milk	31 Choice of: Corn Dog or Chef Salad Included: Vegetable, Fruit, Milk	Menus are subject to change Free & Reduced Applications are available @ each school and on the website – www.bsd44.org

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/mtharvestofthemonth

