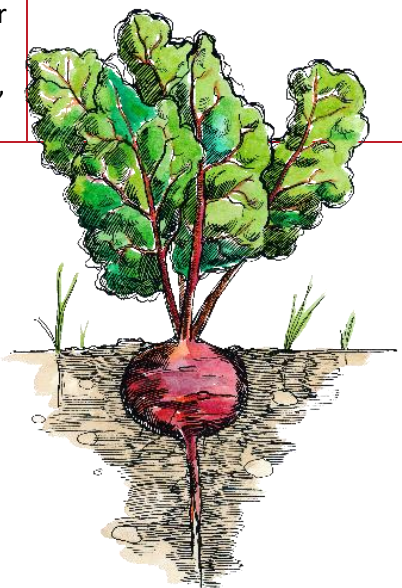


# Belgrade Elementary Schools

## February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Prices</b> K-4 \$2.50 5-8 \$2.75 9-12 \$3.00 Adult \$4.00 Reduced \$.40 Milk \$.50		<b>Free &amp; Reduced Applications</b> are available @ each school and on the website <a href="http://www.bsd44.org">www.bsd44.org</a>	<b>Menus are subject to change</b> If you plan to have lunch with your child please contact the kitchen by 9:30 AM	<b>1 Choice of:</b> Pizza Pasta or Variety Sandwich <b>Included:</b> Vegetable, Bread, Fruit, Milk
<b>4 Choice of:</b> White Chili or Meat & Cheese Wrap <b>Included:</b> Vegetable, Bread, Fruit, Milk	<b>5 Choice of:</b> Breakfast for Lunch or Fruit Salad <b>Included:</b> Hash Brown, Fruit, Milk	<b>6 Choice of:</b> Chicken Fajita or PB & J Sandwich <b>Included:</b> Vegetable, Fruit, Milk	<b>7 Choice of:</b> Italian Dunkers or Chef Salad <b>Included:</b> Vegetable, Fruit, Milk	<b>8 Choice of:</b> chicken Patty w/ Bun or Variety Sandwich <b>Included:</b> Potatoes, Vegetable, Fruit, Milk
<b>11 Choice of:</b> Chicken & Noodles or Meat & Cheese Wrap <b>Included:</b> Vegetable, Bread, Fruit, Milk	<b>12 Choice of:</b> Burger on Bun or Fruit Salad <b>Included:</b> Potatoes, Vegetable, Fruit, Milk	<b>13 Choice of:</b> Turkey Gravy w/ Mashed Potatoes or PBJ Sandwich <b>Included:</b> Vegetable, Roll, Fruit, Milk	<b>14 Choice of:</b> Pizza or Chef Salad <b>Included:</b> Vegetable, Fruit, Milk	<b>15</b> <p style="text-align: center;"><b>NO SCHOOL</b> <b>PIR DAY</b></p>
<b>18</b> <p style="text-align: center;"><b>NO SCHOOL</b></p>	<b>19 Choice of:</b> Chicken Drumstick or Fruit Salad <b>Included:</b> Potatoes, Vegetable, Fruit, Milk	<b>20 Choice of:</b> Super Nachos or PB & J Sandwich <b>Included:</b> Vegetable, Fruit, Milk	<b>21 Choice of:</b> Hot Dog w/ Bun or Chef Salad <b>Included:</b> Potatoes, Vegetable, Fruit, Milk	<b>22 Choice of:</b> Chicken Parmesan or Variety Sandwich <b>Included:</b> Vegetable, Fruit, Milk
<b>25 Choice of:</b> Beef Ole' or Meat and Cheese Wrap <b>Included:</b> Vegetable, Fruit, Milk	<b>26 Choice of:</b> Chicken Nuggets or Fruit Salad <b>Included:</b> Vegetable, Rice, Fruit, Milk	<b>27 Choice of:</b> Quesadilla or PB & J Sandwich <b>Included:</b> Vegetable, Fruit, Milk	<b>28 Choice of:</b> Burger w/ Bun or Chef Salad <b>Included:</b> Potatoes, Vegetable, Fruit, Milk	

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

- Beets are in the vegetable food group.
- While different in nutrient composition and culinary use, sugar beets are an important part of Montana's economy. Montana is a top producer of sugar beets, harvesting nearly 1.5 million tons from 44,000 acres in 2014!
- Beets have the highest sugar content of any vegetable but are packed with nutrients!

To learn more about Montana Harvest of the Month visit:  
[www.montana.edu/mtharvestofthemonth](http://www.montana.edu/mtharvestofthemonth)

