

Elementary Schools Lunch Menu

March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Prices K-4 \$2.50 5-8 \$2.75 9-12 \$3.00 Adult \$4.00 Reduced \$.40 Milk \$.50	Free & Reduced Applications are available @ each school and on the website www.bsd44.org	Menus are subject to change. If you plan to have lunch with your child please contact the kitchen by 9:30 AM		1 Choice of: Pasta w/ Sauce or Variety Sandwich Included: Vegetable, Bread, Fruit, Milk
4 Choice of: Baked Cheese Sand. or Meat & Cheese Wrap Included: Soup, Veg., Fruit, Milk	5 Choice of: Pizza or Fruit Salad Included: Vegetable, Fruit, Milk	6 Choice of: Fiesta Bowl or PB & J Sandwich Included: Vegetable, Fruit, Milk	7 Choice of: Meatballs w/ Mashed Potatoes & Gravy or Chef Salad Included: Veg., Fruit, Milk	8 Choice of: BBQ Pork on Bun or Variety Sandwich Included: Potatoes, Fruit, Vegetable, Milk
11 Choice of: Chicken Alfredo or Meat & Cheese Wrap Included: Vegetable, Bread, Fruit, Milk	12 Choice of: Chicken Tenders, or Fruit Salad Included: Vegetable, Rice, Fruit, Milk	13 Choice of: Soft Shell Taco or PB & J Sandwich Included: Vegetable, Fruit, Milk	14 Choice of: Corn Dog or Chef Salad Included: Vegetable, Fruit, Milk	15 Choice of: Pizza Pasta or Variety Sandwich Included: Vegetable, Bread, Fruit, Milk
18 Spring Break	19 Spring Break	20 Spring Break	21 Spring Break	22 Spring Break
25 Choice of: Fish Sticks or Meat & Cheese Wrap Included: Potatoes, Fruit, Vegetable, Milk	26 Choice of: Breakfast for Lunch or Fruit Salad Included; Hash Brown, Fruit, Milk	27 Choice of: Chicken Fajita or PB & J Sandwich Included: Vegetable, Fruit, Milk	28 Choice of: Italian dunkers or Chef Salad Included: Vegetable, Fruit Milk	29 Early Release Cook's Choice (No Second Entrée) Included: Fruit, Vegetable, Milk

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

- Grains make up their own food group.
- Wheat is classified by the season in which it is grown, hardness, color, and other factors. Spring wheat is planted in the spring and harvested in the late summer. Winter wheat is planted in the fall and harvested in the spring or summer.
- Kamut®, grown in Montana, is an ancient variety of wheat and is an excellent source of the mineral selenium.

To learn more about Montana Harvest of the Month visit:
www.montana.edu/mtharvestofthemoth

