

Belgrade Elementary Schools

May 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Prices K-4 \$2.50 5-8 \$2.75 9-12 \$3.00 Adult \$4.00 Reduced \$.40 Milk \$.50</p>	<p>Menus are subject to change. Free & Reduced applications are available @ each school and on the website.</p>	<p>1 Choice of: Soft Shell Taco or PB & J Sandwich Included: Vegetable, Fruit, Milk</p>	<p>2 Choice of: Corn Dog or Chef Salad Included: Vegetable, Fruit, Milk</p>	<p>3 Choice of: Pizza Pasta or Variety Sandwich Included: Vegetable, Bread, Fruit, Milk</p>
<p>6 Choice of: White Chili or Meat & Cheese Wrap Included: Vegetable, Fruit, Cornbread, Milk</p>	<p>7 Choice of: Breakfast for Lunch or Fruit Salad Included: Hash Brown, Fruit, Milk</p>	<p>8 EARLY RELEASE Cook's Choice (No second Entrée) Included: Vegetable, Fruit, Milk</p>	<p>9 Choice of: Italian Dunkers or PB & J Sandwich Included: Vegetable, Fruit, Milk</p>	<p>10 Choice of: Chicken Patty w/ Bun or Variety Sandwich Included: Potatoes, Fruit, Vegetable, Milk</p>
<p>13 Choice of: Chicken & Noodles or Meat & Cheese Wrap Included: Vegetable, Bread, Fruit, Milk</p>	<p>14 Choice of: Hamburger or Fruit Salad Included: Potatoes, Fruit, Vegetable, Milk</p>	<p>15 Choice of: Turkey Gravy w/ Potatoes or PBJ Sandwich Included: Vegetable, Roll, Fruit, Milk</p>	<p>16 Choice of: Pizza or Chef Salad Included: Vegetable, Fruit, Milk</p>	<p>17 Cook's Choice (No second entrée) Included: Vegetable, Fruit, Milk</p>
<p>20 Choice of: Soup & Sandwich or Meat & Cheese Wrap Included: Vegetable, Fruit, Milk</p>	<p>21 Choice of: Chicken Drumstick or Fruit Salad Included: Potatoes, Fruit, Vegetable, Milk</p>	<p>22 Choice of: Super Nachos or PB & J Sandwich Included: Vegetable, Fruit, Milk</p>	<p>23 Choice of: Hot Dog w/ Bun or Chef Salad Included: Potatoes, Fruit, Vegetable, Milk</p>	<p>24 Choice of: Chicken Parmesan or Variety Sandwich Included: Vegetable, Fruit, Milk</p>
<p>27 Memorial Day No School</p>	<p>28 Choice of: Chicken Nuggets or Fruit Salad Included: Vegetable, Fruit, Milk</p>	<p>29 Choice of: Quesadilla or PB & J Sandwich Included: Vegetable, Fruit, Milk</p>	<p>30 Choice of: Hamburger or Chef Salad Included: Potatoes, Fruit, Vegetable, Milk</p>	<p>31 Choice of: Pasta w/ Meat Sauce or Variety Sandwich Included: Vegetable, Bread, Fruit, Milk</p>

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

- Chickpeas, also called garbanzo beans, have been enjoyed as a nutritious food source for 7,000 years. The name chickpea comes from their similarity of appearance to a chick's beak.
- Like other legumes, chickpeas have root nodules that fix nitrogen, which helps improve the soil. This bushy plant varies in height from 8 inches to 3 feet grows best in dry climates. Each pod contains 1-3 chickpeas.

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

