

# TARGET RANGE

## LUNCH

# January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Hot Lunch or Salad Bar \$2.65 Reduced \$ .40 Adult/Staff/Guest \$3.30 ◆ Harvest of the Month	1 <b>Happy New Year!</b> <b>No School Today...see you tomorrow.</b> ◆ MT Items in Menu	2 <b>WELCOME BACK!</b> Tiger Cheese Pizza, Winter's Stormy Salad, Peaches & Pears	3 Bean & Cheese Burrito, Chicken Tortilla Soup, Golden Corn, Juice	4 Teriyaki Chicken Brown Rice Bowl, Egg Roll, Fortune Cookie, Savory Carrots, Fruit Cup
7 Lasagna Roll-Ups, Garlic Toast, Caesar Salad, Juice	8 Golden Calzones w/Marinara Overboard, <> Three Sisters Soup, Green Beans, Raisels	9 "Slammin" Cheeseburger, Fries, Ex-Ray Vision Carrots, Crisp Grapes	10 Tiger Nacho's, Refried Beans, Black Bean Corn Salsa, Flipped Out Salad, Cheese Stick, Juice	11 Cheese Sticks & Marinara, <> Purple Prairie Beef Barley Soup, Smooth Applesauce
14 Breakfast-4-Lunch Pancakes, Sausage Links, Tri-Tators, Romaine Calm Salad, Frozen Juice Cup	15 Chicken Alfredo w/a Twist, <> Delectable Brownies, Caesar Salad, Golden Peaches	16 Cinnamon Rolls, Cow-A-Bunga Chili, Juicy Corn, Craisins	17 Taco Soup, Corn Chips, Cheese Quesadillas, Carrots & Dip, Sweet Applesauce	18 French Bread Pizza, Wind Tossed Salad, Melon Cup
21 <b>No School Today</b> <b>Martin Luther King Holiday</b>	22 Chicken Noodle Soup, !PBJ, Say "Yes" Peas, Applesauce Cup <b>!Substitutions for Allergies</b>	23 Chicken Strips, Jazzy Brown Rice, Ex-Ray Vision Carrots, Fruit Explosion	24 "You Asked For It" Mac-n-Cheese, <> Doc's Zucci Cake, Winter's Salad, Juice	25 Prairie Dog (Corn Dog), Fries, Veggie Cup & Dip, Golden Sweet Peaches
28 Tiger Cheese Pizza, Winter's Salad, Juice	29 Pulled BBQ Pork Sandwich, Creamy Coleslaw, Fries, Crustless Apple Pie	31 Italian Pasta, Garlic Toast, Caesar Salad, Sweet Pears	31 Waffles & Chicken, Veggie Cup, Fries, Fruit Explosion	

**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.

Menu Subject to Change w/o Notice

