

Target Range School - LUNCH

April 2021



*Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Allergies accommodated</p> <p>All meals are FREE</p>	<p>Chocolate milk offered on Wednesday's</p> <p>PB&J substitution available</p>	<p>**Harvest of The Month Featured Item!</p>	<p>1 Sweet and Sour Chicken Brown Rice Roasted Mixed Veggies Mandarin Slices</p>	<p>2 Pancake Breakfast Sandwich (Sausage, egg, cheese) Hash Browns Fresh Pear and Carrots</p>
<p>5 PB&J Sandwich French Fries Fresh Apple Green Salad w/ Ranch Dressing</p>	<p>6 Lasagna French Bread Clementine Spinach Caesar Salad</p>	<p>7 Cheeseburger Sweet Potato Waffle Fries Cucumber Slices Sliced Peaches</p>	<p>8 Bean and Cheese Burrito Walking Nachos! Roasted Sweet Corn Pineapple Tidbits</p>	<p>9 Beef Hot Dog Beef Jerky Soy Nuts Applesauce</p>
<p>12 Turkey Corn Dog Goldfish Snacks Fresh Apple Green Salad w/ 1000 Island</p>	<p>13 Grilled Cheese Tomato Soup Orange Kale Caesar Salad</p>	<p>14 Crispy Chicken Sandwich Sweet Potato Tots Cole Slaw Applesauce</p>	<p>15 Shephard's Pie! ** Fish Sticks Carrots w/Ranch Sliced Peaches</p>	<p>16 Pepperoni Pizza Cheese It's Fresh Pear Romaine Caesar Salad</p>
<p>19 Turkey "Ham" Cheese Bread Baked Cheddar Chips Fresh Apple Green Salad w/ 1000 Island</p>	<p>20 Spaghetti Turkey Meatballs Clementine Spinach Caesar</p>	<p>21 BBQ Pork Rib Sandwich Baked Beans Cole Slaw Sliced Peaches</p>	<p>22 Ground Beef Soft Tacos Refried Beans Fritos Pineapple Tidbits</p>	<p>NO SCHOOL</p>
<p>26 PB&J Sandwich Chicken Tenders Fresh Apple Green Salad w/ 1000 Island</p>	<p>27 Sausage Pizza Mini Chocolate Chip Cookies Orange Kale Caesar Salad</p>	<p>28 Cheeseburger Tater Tots Cucumber Slices Applesauce</p>	<p>29 Teriyaki Chicken Brown Rice Roasted Mixed Veggies Mandarin Slices</p>	<p>30 Chicken Parmesan Rotini Pasta Fresh Pear Romaine Caesar Salad</p>

Chickpeas are this month's Harvest of the Month. 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.
- Chickpeas are a nutrient powerhouse. They are an excellent source of many nutrients including potassium, calcium, iron, vitamin B-6, and magnesium.
- Montana's production of chickpeas is growing. In 2016, Montana farmers harvested 254,000 acres of chickpeas.

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

