

# TARGET RANGE

## LUNCH

Menu Subject to Change w/o Notice

# August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Student.....\$2.65 Reduced..... \$ .45 Guest/Staff.....\$3.55 Hot Lunch + Salad Bar \$4.55			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27 <b>WELCOME BACK! &gt;&gt;</b>	28 Prairie Dog (corn dog), <>Veggie Cup, Seasoned Fries, <>Apple	29 “You Asked For It” Mac-n Cheese, Pretzel w/ Cheese, <> Summer’s Leafy Salad, Juice	30 Lasagna Roll-Up, Garlic Toast, Caesar Salad, Understated Pears

**Cherries** are this month’s Harvest of the Month. Did you know...

- Cherries are in the rose (rosaceae) family that also includes apples and other “stone fruit” including peaches, apricots, and plums. Stone fruit species produce fruit that has one seed, called a pit.
- On average, Montana growers produce two million pounds of sweet cherries each year. More than 640 acres of sweet cherries and 90 acres of tart cherries were growing in Montana in 2017.
- Most of the sweet cherries grown in Montana are grown on the east side of Flathead Lake in Western Montana, where the climate is protected from extreme winter temperatures and spring frost.
- **In Offer vs Serve students must take 3 out of 5 components. Components are: meats/meat alternates; grains; fruit; vegetables; and milk. One of the 3 components chosen must be either a fruit or vegetable in the proper portion size.**

