

# Target Range Menu - BREAKFAST

## February 2021



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal Bowl	2 Cinnamon Chip Breakfast Bar	3 Banana with Peanut Butter Dip and a Cereal Bar	4 Cinnamon Roll	5 Cereal Bowl
8 Cereal Bowl	9 Bagel with Strawberry Cream Cheese	10 Yogurt Cup with Granola	11 Cinnamon Roll	12 Cereal Bowl
15 President's Day- NO SCHOOL	16 Cinnamon Chip Breakfast Bar	17 Fruit Smoothie	18 Cinnamon Roll	19 Cereal Bowl
22 Cereal Bowl	23 Bagel with Strawberry Cream Cheese	24 Yogurt Cup with Granola	25 Cinnamon Roll	26 Cereal Bowl

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

- Beets are in the vegetable food group.
- While different in nutrient composition and culinary use, sugar beets are an important part of Montana's economy. Montana is a top producer of sugar beets, harvesting nearly 1.5 million tons from 44,000 acres in 2014!
- The color of beets roots can range from dark purple to bright red, yellow or white. When cut transversely, the roots show light and dark rings, sometimes alternating. The Chioggia beet is red and white-striped and is nicknamed the "candy cane" beet.

To learn more about Montana Harvest of the Month visit:  
[www.montana.edu/mtharvestofthemoth](http://www.montana.edu/mtharvestofthemoth)



-1% Milk and fruit served every day.

-Allergies accommodated

-All Meals are FREE!