

Target Range School - BREAKFAST

May 2021



Monday		Tuesday		Wednesday		Thursday		Friday	
3	Pop Tart Cheese Cubes Fruit Juice	4	Breakfast Taco Applesauce	5	Mini Bagel w/ Strawberry Cream Cheese Banana	6	Blueberry Muffin Frozen Fruit Juice	7	Oatmeal Butterscotch Bar Cereal Fruit Cup
10	Cereal String Cheese Fruit Juice	11	Turkey Bacon Scramble Frozen Fruit Juice	12	Yogurt Granola Clementine	13	Mini Cinnamon Waffles Sausage Links Craisins	14	Oatmeal Breakfast Round String Cheese Fruit Cup
17	Pop Tart Cheese Cubes Fruit Juice	18	Waffles w/ syrup Applesauce	19	<i>Nutrigrain</i> Bar Peanut Butter Banana	20	Cinnamon Roll Craisins	21	Oatmeal Cinnamon Chip Bar String Cheese Fruit Cup
24	Cereal String Cheese Fruit Juice	25	Breakfast Burrito Frozen Fruit Juice	26	Mini Bagel w/ Cinnamon Cream Cheese Clementine	27	Mini Pancakes Sausage Links Craisins	28	Oatmeal Butterscotch Bar Cereal Fruit Cup
31	NO SCHOOL					Allergies accommodated		All meals are FREE	

Beef is this month's Harvest of the Month. Did you know...

- Montana is home to more cattle than people and ranks 6th in the nation for the number of beef cattle.
- The first beef cattle arrived in the United States via Mexico in the 1500s, but more arrived in the early 1600s. In Virginia in 1620 about 500 cows roamed the fields, and less than a decade later the population increased to 30,000 bovines!
- Beef is an excellent source of vitamin B12 and protein and a good source of iron and vitamin B6. Protein helps build and repair body tissues including muscles.

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

