

Target Range School - LUNCH

May 2021



Monday		Tuesday		Wednesday		Thursday		Friday	
3	Chicken Corn Dog Mini M&M Cookie Fresh Apple Green Salad w/Ranch Dressing	4	Italian Pasta Bake Garlic Bread Fresh Grapes Spinach Caesar Salad	5	Chicken Drumstick Waffles w/syrup Fresh Clementine Celery	6	Turkey Chili Cheddar, Sour Cream Corn Bread Pineapple Tidbits	7	Breakfast for Lunch Pancakes, Hash browns Cheesy Scrambled Eggs Fresh Pear
10	PB&J Sandwich Tater Tots Fresh Apple Green Salad w/ 1000 Island	11	Pepperoni Pizza Ruffles Baked Chips Orange Kale Caesar Salad	12	Meatloaf Mashed Potatoes Sliced Peaches Cucumber Slices	13	Cheese Quesadilla Chicken Taquito Sliced Pears Corn and Black Bean Salad	14	Macaroni and Cheese <i>Goldfish</i> Banana Romaine Caesar Salad
17	Turkey Hot Dog Chocolate Chip Banana Cake Fresh Apple Green Salad w/Ranch Dressing	18	Pasta Beef Bolognese** Clementine Spinach Caesar Salad	19	Cheeseburger Crinkle Cut Fries Sliced Peaches Cucumber Slices	20	Orange Chicken Brown Rice Roasted Mixed Veggies Fresh Grapes	21	Ham and Cheese Breadstick Cheesy Potatoes Au Gratin Fresh Pear Balsamic and Feta Salad
24	PB&J Sandwich Chicken Nuggets Fresh Apple Green Salad w/ 1000 Island	25	Lasagna Garlic Bread Orange Kale Caesar Salad	26	Crispy Fish Sandwich Tater Tots Applesauce Cole Slaw	27	Crunchy Chicken Tacos Tortilla Chips and Salsa Sliced Pears Carrots	28	Tiger Muffin Sausage, Egg, Cheese Fresh Grapes Romaine Caesar Salad
31	NO SCHOOL	** Locally Sourced Harvest of The Month!		Allergies accommodated		Chocolate milk offered on Wednesday's		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

