

# Target Range LUNCH

## October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
Milk and at least 2 servings of fruits and veggies served every day. Allergies accommodated!	<b>REMOTE LEARNERS:</b> Pick-up meals Tuesday/Friday 11:30-1pm w/ a hot lunch of the day! *please sign-up		1*Chocolate Milk Day (M-Z) Cheese Pizza and a Breadstick served w/ Marinera sauce! Caesar Salad option	2 (M-Z) Crispy Chicken Sando served with Sweet Coleslaw *featuring Brassicas!
5*Chocolate Milk Day (A-L) Philly Cheesesteak served with Cheese Dip and a Chocolate Chip Cookie	6 (A-L) Chicken Salad Sandwich served with Seasoned Fries *Harvest of the Month Healthy Harvest Bitterroot apples!	7 REMOTE LEARNING DAY	5*Chocolate Milk Day (M-Z) Philly Cheesesteak served with Cheese Dip and a Chocolate Chip Cookie	9 (M-Z) Chicken Salad Sandwich served with Seasoned Fries *Harvest of the Month Healthy Harvest Bitterroot apples!
12*Chocolate Milk Day (A-L) Build your own "Sitting" Tacos served with a Churro	13 (M-Z) Cheeseburger served with Crinkle Cut Fries	14 REMOTE LEARNING DAY	15 NO SCHOOL	16 NO SCHOOL
19*Chocolate Milk Day (A-L) General Dev's Chicken served with Fried Rice and an Egg Roll	20 (A-L) Breakfast for Lunch featuring Apple Spiced Cake *Harvest of the Month	21 REMOTE LEARNING DAY	22*Chocolate Milk Day (M-Z) General Dev's Chicken served with Fried Rice and an Egg Roll	23 (M-Z) Breakfast for Lunch featuring Apple Spiced Cake *Harvest of the Month
26*Chocolate Milk Day (A-L) Mac 'n Cheese with Ham and Homemade Blueberry Cobbler	27 (A-L) It's gettin' Chili served with a Corn Bread Muffin	28 REMOTE LEARNING DAY	29*Chocolate Milk Day (M-Z) Mac 'n Cheese with Ham and Homemade Blueberry Cobbler	30 (M-Z) It's gettin' Chili served with a Corn Bread Muffin

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

- Apples are in the fruit food group.
- There are over 7,500 varieties of apples grown worldwide and 2,500 are grown in the US. However, only a handful of varieties are commonly found in grocery stores today.
- Apples were brought to the United States in the 17<sup>th</sup> century.
- The Bitterroot Valley and other areas in the western and south-central part of Montana are the largest apple producers in the state.

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

