

# Target Range BREAKFAST

## October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
All Meals are FREE through December 31 <sup>st</sup> !	Fruit and 1% Milk served daily. Cereal or breakfast bar available by request. Allergies accommodated!	REMOTE LEARNERS: Pick-up meals Tuesday/Friday 11:30-1pm w/ a hot lunch of the day! *please sign-up	1 (M-Z) Pancake on a Stick	2 (M-Z) Cinnamon Rolls
5 (A-L) Pop Tart and Mini Waffles	6 (A-L) The Trick-Witch! (sausage, egg, cheese sandwich with pancakes)	7 REMOTE LEARNING DAY	8 (M-Z) Pop Tart and Mini Waffles	9 (M-Z) The Trick Witch! (sausage, egg, cheese sandwich with pancakes)
12 (A-L) Yogurt with Homemade Blueberry Muffin	13 (M-Z) Yogurt with Homemade Blueberry Muffin	14 REMOTE LEARNING DAY	15 NO SCHOOL	16 NO SCHOOL
19 (A-L) Chocolate Chip Waffles	20 (A-L) Bagel with Cream Cheese	21 REMOTE LEARNING DAY	22 (M-Z) Chocolate Chip Waffles	23 (M-Z) Bagel with Cream Cheese
26 (A-L) Cinnamon Rolls	27 (A-L) <b>The Trick or Treat Witch?</b>	28 REMOTE LEARNING DAY	29 (M-Z) Cinnamon Rolls	30 (M-Z) <b>The Trick or Treat Witch?</b>

**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)

