

TARGET RANGE/LUNCH

August-September/2018

#Farm2School

#HOM#Kale#Local



Menu Subject to Change w/o Notice

Monday	Tuesday	Wednesday	Thursday	Friday
Student Hot or Salad Bar=\$2.65 Reduced=\$.40 Free=Free (for both breakfast & lunch) Adult/Staff=\$3.30	<=>=Contains MT Grown Items #=Harvest of the Month Item **=Allergy Substitutions Available	29 W/G "You Asked For It" Mac-n-Cheese, <>W/G Delectable Brownie, <>#Fall Kale & Apple Salad, Sweet Pears	30 W/G Prairie Dog (corn dog), Seasoned Fries, Savory Carrots, <>Apple	31 W/G Tiger Cheese Pizza, <> Fresh Veggie Cup w/Tiger Hummus, Fruit Explosion
3 NO SCHOOL TODAY! SALAD BAR OPENS TOMORROW FOR 4 TH -8 TH	4 Salad Bar Opens TODAY W/G Lasagna Roll-Ups, Cheesy Garlic Toast, <> Late Summers' Salad, <> Apple	5 Teriyaki Chicken Brown Rice Bowl,<> W/G MT Cherry Crisp, Asian Salad, Mandarin Oranges	6 "Slammin" Burger, Sweet Fries, Crisp Carrots & Broccoli with L/F Ranch Dip, Fruit Cup	7 "Cow-A-Bunga" Chili, W/G Cinnamon Roll, Juicy Corn, Craisins
10 W/G Golden Calzones & Marinara ,<> #Three Sisters Soup, Polar Blueberries	11 Breakfast-4-Lunch, W/G Waffles w/Syrup, Sausage Links, Tri-Tators, Juice	12 W/G Quesadilla's,<> #Chicken Tortilla Soup, Chopped Bean Salad, Vanilla Pear Applesauce	13 W/G Chicken Alfredo w/a Twist, W/G Garlic Toast, <>#Caesar Salad, Crisp Grapes	14 BBQ Pork Rib Sandwich, Baked Beans, <> Creamy Coleslaw, Tempting Melon Wedges
17 <>Chicken Noodle Soup, ** W/G PBJ, Ex-Ray Vision Carrots, Fruit Cup	18 W/G Italian Pasta, <> Doc's W/G Chocolate Zucci Cake, <> Caesar Salad, Yummy Peaches	19 Tiger Nacho's, Cheese Stick, Refried Beans, <> Black Bean Corn Salsa, <> Apple	20<>Mega Tiger Meatball, Fries, W/G Carrot & Quinoa Muffin, Strawberry-Romaine Salad, Juicy Grapes	21 W/G Cheese Stix & Marinara, <>Purple Prairie Barley Beef Soup, <> Veggie Cup, Juice
24 W/G French Bread Pizza, Brussels Sprout-Cranberry Quinoa Salad, Strawberry Cup	25 Tomato-Basil Soup, W/G Grilled Cheese Sandwich, Green-Jean Peas, <>Apple	26 Chicken Parmesan, W/G Penne w/Marinara on the side, Caesar Salad, Succulent Melon Wedge	27 Taco Soup, W/G Corn Chips, <> Stop Light Salad & L/F Dip, Applesauce	28 Asian BBQ Pork Nachos, Asian Rainbow Slaw, Mandarin Oranges

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

- Kale is in the vegetable food group.
- There are over 50 varieties of kale. Lacinato kale is also called dinosaur kale for its bumpy leaves. There are also ornamental varieties in many colors including white, pink, and purple.
- Kale becomes sweeter after experiencing a light frost.
- Kale has been grown for more than 6000 years and is in the brassica family along with bok choy, collards, and broccoli.
- Check out "News From The Kitchen" on T.R. Website.

