

TARGET RANGE/LUNCH

MAY 2019



Monday	Tuesday	Wednesday	Thursday	Friday
\$2.65 Hot Lunch or Salad Bar (Salad Bar Available 4 th -8 th) \$.45 Reduced Lunch \$3.30 Adult/Staff/Guest	HOM <> Montana Grown !! Allergy Substitute Available	1 Prairie Dog (Corn Dog), Fries, Baked Beans, Fruit Cup	2 NO SCHOOL TODAY	3 NO SCHOOL TODAY
6 Breakfast-4-Lunch Pancakes, Tri-Tators, Veggie Cup, Sausage Links, Juice	7 Tiger's Pizza, Crisp Carrots w/Ranch Dip, Fruit Explosion	8 Chicken Alfredo w/a Twist, <> Chocolate Zucchini Muffins, Say "Yes" Peas or Caesar Salad, Polar Blueberries	9 Tiger Nacho's, Black Bean Corn Salsa, Cheese Stick, Cucumber Coins, Juice or Strawberry Cup	10 Chicken Parmesan, Twisted Garlic Noodles, Juicy Corn or Caesar Salad, Sweet Pears
13 Crisp Chicken Leg, Baked Potato, Garlic Toast, Sweet Peas & Carrots, Pineapple Tidbits	14 BBQ Pork Rib Sandwich, Fries, Creamy Coleslaw, Simply Peaches & Pears	15 HOM Calzone w/ Marinara, Chicken Tortilla Soup, Juicy & Sweet Corn, <> Chocolate Hummus & Apples	16 Cinnamon Roll, Chicken Caesar Salad or Romaine Calm Salad, Mandarin Oranges	17 "Slammin" Burger, Sweet Sweet Fries, Cucumber & Carrot Coins, Melon Cup
20 "You Asked For It" Mac-n-Cheese, Pretzel, Say Yes "Peas", Ice Cream Cup, Polar Blueberries	21 Chicken & Waffles, Creamy Coleslaw, Fries, Melon Cup	22 Teriyaki Chicken Brown Rice Bowl, Egg Roll, Fortune Cookie, Teriyaki Carrots & Green Beans, Mandarin Oranges	23 "Batter Up" Beef Hot Dogs, Fries, Baked Beans, Applesauce	24 Tiger Pizza, Spring's Green Salad, Fruit Cup
27 NO SCHOOL TODAY	28 Chicken Noodle Soup, !! PBJ, Ex-Ray Vision Carrots, Applesauce	29 Tiger Nacho's, Cheese Stick, Black Bean Corn Salsa, Refried Beans, Cucumber Coins, Juice	30 Tiger Pizza, Veggie Cup, Apples and Oranges	31 Italian Pasta, Garlic Toast, Caesar or Flipped Out Romaine Salad, Blueberries

Chickpeas are this month's Harvest of the Month food. Did you know...

- Chickpeas, also called garbanzo beans, have been enjoyed as a nutritious food source for 7,000 years. The name chickpea comes from their similarity of appearance to a chick's beak.
- Like other legumes, chickpeas have root nodules that fix nitrogen, which helps improve the soil. This bushy plant varies in height from 8 inches to 3 feet grows best in dry climates. Each pod contains 1-3 chickpeas.

Menu Subject to Change w/o Notice

