

Target Range/Lunch

Menu Subject to Change w/o Notice

November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
Hot Lunch or Salad Bar...\$2.65 Reduced.....\$.40 Adult/Staff/Guest.....\$3.30	If you qualify for free...both Breakfast & Lunch are free. *New Item <>Contains MT Grown Items	***** ***No Breakfast Carts & No Salad Bar on the 6th & 16th*** *****	1<> MT Purple Prairie Barley Beef Soup, Dipping Cheese Sticks & Sauce, Ex-Ray Vision Carrots, Juicy Grapes	2 Tiger Nacho's, Refried Beans, Tossed Salad, Black Bean Corn Salsa, Cheese Stick, Juice
5 Breakfast-4-Lunch, W/G Pancakes, Tri-Tators, Sausage Links, Spinach & Romaine Salad, Juice	6 VOTING DAY/SACK LUNCHES Prairie Dog, Chips ,<> Crisp Carrot Dippers, Juicy Apple No Salad Bar Today	7 Yes...It's Cinnamon Roll Day, Cow-A-Bunga Chili, Golden Corn, Gobble It Up Fruit Cup	8 Chicken Parmesan, Twisted Noodles w/Marinara Overboard, Caesar Salad, Polar Blueberries	9 Cheesy Pizza, Winter's Salad, Veggie Cup & Dip, Sweet Pineapple
12 Chicken Noodle Soup, *PBJ, Say "Yes" Peas, Applesauce *Substitute available for allergies.	13 "Slammin" Burger, Sweet- Sweet Fries, Creamy Coleslaw, Strawberries	14 Crispy Chicken Leg, Jazzy Brown Rice, Green Beans,<> Crisp Carrots & Succulent Melons	15 French Bread Pizza, It's Not Winter Yet Romaine Salad, Juice Remember: NO BREAKFAST CARTS OR SALAD BAR TOMORROW	16 *** Thanksgiving @ T.R.*** Turkey & Gravy, Mashed Potatoes & Stuffing, Roll, Gobble It Up Fruit Salad & Granny's Favorite Pumpkin Bar
19 Lasagna Roll-Up, Garlic Toast, Winters Early Salad, Crazy Mixed up Fruit	20 Golden Calzones w/ Marinara, HOM <> "Three Sisters Soup", Give 'Peas' A Chance, Frozen Juice Cup	21 NO SCHOOL THANKSGIVING BREAK...safe travels.....	2 HAPPY THANKSGIVING TIGERS!	23 NO SCHOOL...see you on Monday the 26th
26 WELCOME BACK! Chicken Tortilla Soup, *Cheese Quesadilla, Ex-Ray Vision Carrots, Juice	27 Chicken & Waffles, Flipped Out Salad, Seasoned Fries, Juicy Pears & Peaches	28 Taco Soup, Toasted Mozzie Sandwich, Golden Corn, Apples	29 BBQ Pulled Pork Sandwich, Baked Beans, Creamy Coleslaw, Mandarin Oranges	30 "You Asked For It" Mac-n- Cheese,<> MT Cherry Crisp, Green Beans, Melon Cup

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

- Winter squash are in the vegetable food group.
- Gourds, cucumbers, and melons are all part of the Cucurbit family, but all have different origins. Squash and pumpkins are native to the Americas, while cucumbers originated in eastern Asia and melons in Africa or Persia.
- To some Native American tribes, corn, beans, and squash are known as the "Three Sisters." These plants were grown together and were staples of many tribes in North America.

