

Target Range BREAKFAST

March 2021



Monday		Tuesday		Wednesday		Thursday		Friday	
1	Cereal Pop Tart Fruit Juice Cheese Cubes	2	Mini Blueberry Waffles Sausage links <i>Craisens</i>	3	Banana Peanut Butter Dip <i>Faststart</i> Fruit Bar	4	“Green Eggs and Ham” and Cheese Muffins! <i>Craisens</i> Orange	5	Cereal Blueberry Muffin Frozen Juice
8	Cereal Multigrain Bar Fruit Juice String Cheese	9	Breakfast Burrito Chocolate Chip Oatmeal Bar <i>Craisens</i>	10	Yogurt Cup Strawberry Granola Pineapple Tidbits	11	Blueberry Muffin <i>Craisens</i> Clementine	12	Cereal Mini Pancakes Fruit Sorbet Strawberry Cream Cheese
15	SPRING BREAK	16	SPRING BREAK	17	SPRING BREAK	18	SPRING BREAK	19	SPRING BREAK
22	Cereal Pop Tart Fruit Juice Cheese Cubes	23	Mini Cinnamon Waffles Sausage links <i>Craisens</i>	24	Banana Peanut Butter Dip <i>Faststart</i> Fruit Bar	25	Cinnamon Roll <i>Craisens</i> Orange	26	Cereal Cinnamon Oatmeal Cookie Frozen Juice
29	Cereal Multigrain Bar Fruit Juice String Cheese	30	Breakfast Burrito Chocolate Chip Oatmeal Bar <i>Craisens</i>	31	Yogurt Cup Strawberry Granola Pineapple Tidbits	1% milk offered everyday		Allergies accommodated Menu subject to change All meals are FREE	

Grains are this month’s Harvest of the Month. Did you know...

- Grains make up their own food group.
- Wheat is classified by the season in which it is grown, hardness, color, and other factors. Spring wheat is planted in the spring and harvested in the late summer. Winter wheat is planted in the fall and harvested in the spring or summer, depending on the conditions.
- What’s in a bushel? One US bushel is approximately 8 gallons of dry crops.
One bushel of wheat weighs about 60 pounds.

To learn more about Montana Harvest of the Month visit:
www.montana.edu/mtharvestofthemoth

