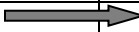

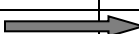


Aug/September 2022

Lunch includes: entrée listed below, fruit, milk, and an unlimited cold fruit and vegetable bar.

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability.

Local Harvest of the Month is Brassicas

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Free if Eligible for Free Lunch Reduced: \$.30 Student: \$1.75 Adult: \$2.00	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Grilled Ham and Cheese w/ Fruit, and Milk	Breakfast Burrito Fruit and Milk	Biscuits and Gravy Fruit and Milk	Homemade Muffin w/ String Cheese Fruit and Milk
	Available Daily: Assorted Whole Grain Cereals, Oatmeal, UBR Bar, String Cheese, Milk, Orange Juice and Canned and Fresh Seasonal Fruit, Breakfast comes with Choice of Protein, Choice of Grain, Choice of Fruit and Milk				
LUNCH: Reduced: \$.40 Student: \$3.00 Adult: \$3.50 Salad Bar Included with All Lunch Meals Now Local: Beef, Lentils, Squash, Carrots, Some Breads and Flour And more!	PLEASE JOIN US FOR BREAKFAST OR LUNCH! For Free Lunch Eligibility Call 751-3443, Menu Questions 751-3646				
			Aug 31 Corn Dog, Hamburger, Hoagie, PBJ, Fruit, Milk	Sept 1 Hoagies, PBJ, Fruit, Veggie and Milk	2 Cheeseburgers, Hoagie, PBJ, Fruit, Veggie, Milk
	Market Cart Salad Bar Featuring 				
	5 No School Labor Day	6 Chicken Patty, Hoagie, PBJ, Fruit, Veggie, Milk	7 Cheeseburger on WG Bun, Hoagie, Fruit, Milk	8 Burrito, Hoagie, PBJ, Fruit, Veggie, Milk	9 Hot Ham and Cheese, Hoagie, PBJ, Fruit, Veggie and Milk
	Market Cart Salad Bar Featuring 				
	12 Chicken Patty, Hoagie or PBJ, Fruit, Veg and Milk	13 Hot Dog, Hoagie, PBJ, Fruit, Veg and Milk	14 Cheeseburger, Hoagie, PBJ, Fruit, Veg and Milk	15 Burrito, Hoagie, PBJ, Fruit, Veggie and Milk	16 Corn Dog, Hoagie, PBJ, Fruit, Veggie and Milk
	Market Cart Salad Bar Featuring 				
	19 Chicken Patty, Hoagie, PBJ, Fruit, Veg and Milk	20 Hot Dog, Hoagie, PBJ, Fruit, Veg and Milk	21 Cheeseburger, Hoagie, PBJ, Fruit, Veggie and Milk	22 Burrito, Hoagie, PBJ, Fruit, Veggie and Milk	23 Corn Dog, Hoagie, PBJ, Fruit, Veggie and Milk
	26 Chicken Patty, Hoagie, PBJ, Fruit, Veg and Milk	27 Hot Dog, Hoagie, PBJ, Fruit, Veg and Milk	28 Cheeseburger, Hoagie, PBJ, Fruit, Veggie and Milk	29 Burrito, Hoagie, PBJ, Fruit, Veggie and Milk	30 Corn Dog, Hoagie, PBJ, Fruit, Veggie and Milk
	Student Meal Includes: 1 cup milk, 1-2 oz. meat, 1-2 oz. grain, 3/4 cup veggie and 1/2 cup fruit, 600-700 calories				
GRILL MENU	Grilled Chicken Patty with BBQ Sauce	Pizza	MT Beef Burgers	Pizza	MT Beef Burgers
	Cheese Quesadillas		Homemade Pita Pocket		Open-Face Tuna Melt on a Pita
SANDWICH & SALADS*	Caesar Salad with Chicken	Ham and Cheese on Flatbread	Turkey Hoagie	Tuna Salad	Egg-Salad
	Available Daily: Assorted Deli Sandwiches, PB&J , Chef Salad, Spinach Salad SALAD BAR - UNLIMITED WITH STUDENT LUNCH !!				
SOUP	Cream of Broccoli or Cheddar Cauliflower	Tomato Basil with Ravolini or Garden	Chicken with Wild Rice or Navy Bean	Chili or Cook's Choice	Chicken Noodle Soup or Clam Chowder

		Vegetable			
FRUIT Selection	Apples, Oranges, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Fresh Berries or Grapes, Apples, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Apples, Oranges, Dried Mixed Fruit
SALAD BAR	Available Daily: Romaine Mix, Spinach, Carrots, Different types of Beans, Broccoli, Corn or Peas Variations throughout the week include but are not limited to: bell peppers, zucchini, snow peas, green beans, onions, tomatoes, hummus, cucumber, celery, cauliflower, radishes, and grain salads				

September Harvest of the Month:
Brasicas

is a collaboration between the Office of Public Instruction, Montana Team Nutrition Program, the National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, and FoodCorps Montana. Funds were provided in part through a USDA Team Nutrition Training grant and a USDA Farm to School grant. USDA is an equal opportunity provider and employer.

