

# Pirate Lunch Menu- JANUARY 2024

MENUS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY OF SOME ITEMS

Monday	Tuesday	Wednesday	Thursday	Friday
1 Christmas Break	2 Christmas Break	3 Christmas Break	4 Mac & Cheese, Salad, Peas & Carrots, Applesauce, Milk	5 Pepperoni Pizza, Salad, Fruit, Cookie, Milk
8 Cheese Burger, Fries, Lettuce, Tomato, , Mixed Berry Cups, Milk	9 Chicken Tenders, Mashed Potatoes, Green Beans, Strawberry Cups, Milk	10 Turkey And Cheese, Carrots, Banana, Smart Popcorn, Milk	11 Sweet & Sour Pork, Egg Roll, Salad, Mixed Berry Cups, Milk	12 BBQ Shredded Chicken On A Bun, Chips , Apple Wedges , Cucumbers, Ranch Cup, Milk
15 BBQ Rib On A Bun, Fries, Craisins , Carrots, Ranch Cup, Milk	16 Spaghetti w/ Meat Sauce, Garlic Bread, Salad, Milk	17 Corn Dog, Tater Fries, Baked Beans, Banana, Milk  Early Release	18 Chicken Burgers, Chips, Lettuce & Tomatoes, Mixed Fruit Cup, Milk	19 Cheesy Bread Stick, Corn, Salad, Assorted Fruit, Milk
22 Polish Sausage On A Bun, Chips, Broccoli W/ Cherry Tomato, Mixed Fruit, Milk	23 Chicken noodle soup, Dinner Roll, Salad, Ranch, Fruit, Milk	24 Hamburgers, Cheetos, Pasta Lettuce & Tomato, Apple Slices, Milk	25 Burrito, Chuck Wagon Corn, Salad w/ Chipolte Ranch, Milk	26 Pepperoni Pizza, Salad, Mandarin Oranges, Cookie, Milk



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

- Lentils are in the protein and vegetable food groups and were one of the first crops cultivated by humans.
- Montana is the top producer of lentils in the United States, producing almost 40% of the lentils grown in this country!
- Like other legumes, lentils add nitrogen to the soil, improving soil health. This makes them a good rotational crop with wheat and other grains.

To learn more about Montana Harvest of the Month visit: [www.montana.edu/mtharvestofthemonth](http://www.montana.edu/mtharvestofthemonth)

# Pirate Breakfast Menu – January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
29 BBQ Shredded Pork on Bun, Fries, Coleslaw, Grapes, Milk	30 Chicken And Rice Soup, Crackers, Oranges Wedges, Milk	31 Uncrustable , Carrots, Banana, Graham Crackers, Milk		

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1	2	3	4 Cereal, Toast, Juice, Yogurt, Milk	1 Blueberry Muffin, Yogurt, Juice, Apple slices Milk
8 Pancake On A Stick, Yogurt, Orange Smiles, Milk	9 Biscuit And Gravy, Hash Browns, Apple Sauce, Milk	10 Breakfast Cereal Bar, Yogurt, Apple Slices, Milk  Early Release	11 Scrambled Eggs W/ Ham And Cheese, Toast, Banana, Milk	12 Chocolate Donuts, Yogurt Orange Smiles, Milk
15 Bacon, Egg And Cheese Breakfast Sand. On English Muffin, Milk	16 Cereal, Toast, Juice, Yogurt, Milk	17 Banana Bread, Yogurt, Juice, Milk  Early Release	18 Waffle Sticks, Sausage Patty, Hash Browns, Syrup, Milk	19 Cinnamon Rolls, Yogurt, Fruit, Milk



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22 Ultimate Breakfast Cookie, Yogurt, Juice, Milk	23 Western Omelet , Biscuit, Sausage Link, Apple Sauce, Milk	24 Cereal, Toast, Yogurt, Juice, Milk  Early Release	25 Banana Bread, Yogurt, Juice, Milk	26 Maple Bars, Oranges, Yogurt Milk
29 Breakfast Bar, Yogurt, Fruit, String Cheese, Milk	30 Pancake On A Stick, String Cheese, Apple Slices, Milk	31 Banana Split Yogurt Parfaits , Hardboiled Egg, Granola, Milk		



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