

Lunch K-12

Salad Bars Available
PHS Mon-Fri **SGMS** Mon-Fri
EASTSIDE Tues-Thurs
WINANS Tues-Thurs (Fruit & Veggie)

February 2020: Beets



Monday	Tuesday	Wednesday	Thursday	Friday
3 PHS Lunch Bunch BBQ Pork Sandwich Chips Baked Beans Fruit	4 Taco Crunch Corn Apple Slices Graham snack	5 Chicken Drummies Mashed potatoes/gravy Carrots Fruit	6 Spaghetti & meat sauce Salad/Dressing Breadstick Fruit Juice	7 NO SCHOOL K-12
10 Bean & Cheese Burrito Nachos Corn Apple slices	11 Hamburger Tots Veggie Blend Fruit	12 Pizza Salad/dressing Fruit	13 Chicken Noodle Soup Corn Muffin/Crackers Cauliflower Fruit	14 Gold Ranger/Cougar Turkey Sandwich Chips Carrots Fruit Can't be BEET Cake (K-5)
17 Hot Dog Pretzels Broccoli Fruit Can't be BEET Cake (6-12)	18 Chicken Taco Corn/Salsa Refried Beans Fresh Fruit	19 Chicken Tenders Mashed Potatoes/Gravy Carrots Fruit	20 Beef Enchilada Bake Tortilla Chips Corn Fruit	21 Sloppy Joes Pasta Salad Veggies Fruit Juice
24 BBQ Chicken Sandwich Coleslaw Pretzels Fruit	25 Supreme nachos Salsa Refried Beans Fresh Fruit	26 Hamburger gravy over Noodles Green Beans Roll Fruit	27 Cheeseburger Tater Tots Carrots Fruit Dr Seuss Celebration K-2	28 NO SCHOOL K-12

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

- Beets are in the vegetable food group.
- While different in nutrient composition and culinary use, sugar beets are an important part of Montana's economy. Montana is a top producer of sugar beets, harvesting nearly 1.5 million tons from 44,000 acres in 2014!
- Beets have the highest sugar content of any vegetable but are packed with nutrients!

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



For more information about local products and Harvest of the Month, visit F2SPC's social media:

[facebook.com/F2SLivingstonMT](https://www.facebook.com/F2SLivingstonMT)

[@f2s_parkcounty](https://www.instagram.com/f2s_parkcounty) on Instagram

