

CONRAD SCHOOL LUNCH MENU

April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Lunch: Hot Dog, fries, Fruit, veggie Soup: Vegetable Beef	2 NO SCHOOL
5 NO SCHOOL	6 Lunch: Chicken bacon ranch pizza, Fruit, veggie Soup: Chicken noodle	7 Lunch: Pretzel, ham, Fruit, veggie Soup: Bean & Ham	8 Lunch: Cheeseburger, fries, Fruit, veggie Soup: Beef Barley	9 Lunch: Grilled Cheese, dessert, Fruit, veggie Soup: Tomato
12 Lunch: Grilled chicken sandwich, Chips, fruit, veggie Soup: Chicken & Rice	13 Lunch: Mac & Cheese, little Smokies, fruit, veggie Soup: Cream of broccoli	14 Lunch: Chili, cinnamon roll, Fruit, veggie	15 Lunch: Hot ham & Cheese, Fries, fruit, veggie Soup: Potato & Ham	16 Lunch: Chicken & noodles Dessert, fruit, veggie Soup: Corn chowder
19 Lunch: Spaghetti, garlic bread, Fruit, veggie Soup: Italian sausage	20 Lunch: Pork roast, potato, Roll, fruit, veggie Soup: Loaded baked potato	21 EARLY OUT Lunch: Turkey sandwich, chips, Fruit, veggie No soup today due to early out	22 Lunch: Corn dog, fries, Fruit, veggie Soup: Minestrone	23 Lunch: Italian dunkers, dessert, Fruit, veggie Soup: Cheesy broccoli
26 Lunch: Beef stroganoff, Fruit, veggie Soup: Beef & Rice	27 Lunch: Cheeseburger, chips, Fruit, veggie Soup: Cheeseburger Macaroni	28 Lunch: Beef & Bean enchilada, rice, fruit, veggie Soup: Taco	29 Lunch: Chicken strips, fries, Fruit, veggie Soup: Creamy chicken	30 Lunch: Cheese Pizza, dessert, Fruit, veggie Soup: Cheesy Potato

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.
- Kamut, grown in Montana, is an ancient variety of wheat and is an excellent source of the mineral selenium.

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

