

CONRAD SCHOOL LUNCH MENU

March 2021



Monday	Tuesday	Wednesday	Thursday	Friday
1 Lunch: Chicken & waffles, Fruit, veggie Soup: Creamy Chicken	2 Lunch: Tater tot casserole, Roll, fruit, veggie Soup: Beef & Rice	3 Lunch: Pretzel, ham Fruit, veggie Soup: Potato & Ham	4 Lunch: Cheeseburger, fries, Fruit, veggie Soup: Beef Barley	5 Lunch: Grilled cheese, dessert, Fruit, veggie Soup: Tomato
8 Lunch: Pepperoni pizza, Fruit, veggie Soup: Chicken noodle	9 Lunch: Burritos, rice, Fruit, veggie Soup: Mexican Chili	10 Lunch: BBQ pork sandwich, chips, fruit, veggie Soup: Potato & Ham	11 Lunch: Hot dog, fries, Fruit, veggie Soup: Cheesy Broccoli	12 Lunch: Buttery noodles & Ham, Dessert, fruit, veggie Soup: Corn Chowder
15 Lunch: Pancakes, sausage, Fruit, veggie Soup: Italian sausage	16 Lunch: Mac & Cheese, Little smokies, fruit, veggie Soup: Cheeseburger Macaroni	17 EARLY OUT Lunch: Turkey sandwich, chips Fruit, veggie No soup due to early out	18 Lunch: Corn Dog, fries, Fruit, veggie Soup: Beef vegetable	19 Lunch: Chicken & noodles, dessert, fruit, veggie Soup: Chicken & Rice
22 Lunch: Spaghetti, garlic bread, Fruit, veggie Soup: Minestrone	23 Lunch: Cheeseburger, chips, Fruit, veggie Soup: Vegetable beef	24 Lunch: Chili, cinnamon rolls, Fruit, veggie	25 Lunch: Chicken Strips, fries, Fruit, veggie Soup: Cream of broccoli	26 Lunch: Ham & cheese wrap, Dessert, fruit, veggie Soup: Loaded baked potato
29 Lunch: Cheesy potato & ham, Roll, fruit, veggie Soup: Bean & ham	30 Lunch: Chicken bacon ranch Pizza, Fruit, Veggie Soup: Corn Chowder	31 Lunch: Taco in a bag, Fruit, veggie Soup: Taco		

Beef is this month's Harvest of the Month. Did you know...

- Beef is in the protein food group.
- Montana is home to more cattle than people and ranks 6th in the nation for the number of beef cattle.
- Cattle are ruminants, meaning their stomachs have four chambers. Typically cattle are raised in pastures until they are at least one year old. Then they are sold and transported for "finishing," which means they are usually fed a grain-based diet to increase weight and fat marbling. Some cattle are raised entirely on pasture or are "finished" on grass and are called grass-fed or grass-finished.

To learn more about Montana Harvest of the Month visit:

