

CONRAD SCHOOL

LUNCH MENU

May/June 2021



Monday	Tuesday	Wednesday	Thursday	Friday
3 Lunch: French toast, sausage, Fruit, veggie Soup: Cheesy Broccoli	4 Lunch: Turkey sandwich, chips Fruit, veggie Soup: Corn chowder	5 Lunch: Beef tacos, rice, Fruit, veggie Soup: Taco Soup	6 Lunch: Hot Dog, fries, Fruit, veggie Soup: Vegetable Beef	7 Lunch: Grilled Cheese, dessert, Fruit, veggie Soup: Tomato
10 Lunch: Chicken & Biscuits, Fruit, veggie Soup: Chicken Noodle	11 Lunch: Sloppy joes, baked Beans, fruit, veggie Soup: Beef & Rice	12 Lunch: Chili, cinnamon roll Fruit, veggie	13 Lunch: Cheeseburger, fries, Fruit, veggie Soup: Cheeseburger Macaroni	14 Lunch: Buttery noodles & ham Dessert, fruit, veggie Soup: Cheesy potato
17 Lunch: Lasagna, garlic bread, Fruit, veggie Soup: Italian Sausage	18 Lunch: Grilled chicken sandwich, Chips, fruit, veggie Soup: Creamy Chicken	19 Lunch: Pretzel, ham Fruit, veggie Soup: Bean & Ham	20 Lunch: Corn Dog, fries, Fruit, veggie Soup: Beef Noodle	21 Lunch: Cheese quesadilla, dessert, fruit, veggie Soup: Cheesy broccoli
24 Lunch: Chicken & waffles, Fruit, veggie Soup: Chicken & Rice	25 Lunch: BBQ pork sandwich, Chips, fruit, veggie Soup: Minestrone	26 Lunch: Mac & Cheese, little Smokies, fruit, veggie Soup: Beef Barley	27 Lunch: Chicken strips, fries, Fruit, veggie Soup: Chicken Noodle	28 Lunch: Ham, egg, cheese muffin, Dessert, fruit, veggie Soup: Potato & Ham
31 No School	1 Lunch: Cook's Choice No soup today	2 Lunch: Cook's Choice No Soup today	3 LAST DAY OF SCHOOL Lunch: Cook's Choice No Soup today	

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

- Lentils are in the protein and vegetable food groups.
- 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/mtharvestofthemoth

