

# CONRAD PUBLIC LUNCH MENU

## January 2021



| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <b>4</b><br>Lunch: Cheese Pizza, fruit, Veggie<br>Soup: Chicken & Rice                | <b>5</b><br>Lunch: Chicken & waffles<br>Fruit, veggie<br>Soup: Cheesy Broccoli              | <b>6</b><br>Lunch: Chili, cinnamon roll,<br>Fruit, veggie  | <b>7</b><br>Lunch: Cheeseburger, fries,<br>Fruit, veggie<br>Soup: Vegetable Beef     | <b>8</b><br>Lunch: Grilled Cheese, dessert,<br>Fruit, veggie<br>Soup: Tomato                 |
| <b>11</b><br>Lunch: Pretzel, Ham,<br>Fruit, veggie<br>Soup: Bean & Ham                | <b>12</b><br>Lunch: Mac & Cheese, little<br>Smokies, fruit, veggie<br>Soup: Corn chowder    | <b>13</b> <b>EARLY OUT</b><br>Lunch: Turkey sandwich, chips,<br>Fruit, veggie<br>Soup: No soup today – early out | <b>14</b><br>Lunch: Corn Dog, fries,<br>Fruit, veggie<br>Soup: Chicken noodle        | <b>15</b><br>Lunch: Pancakes, cheese omelet,<br>dessert, fruit, veggie<br>Soup: Beef & Rice  |
| <b>18</b><br>Lunch: Cheeseburger, chips<br>Fruit, veggie<br>Soup: Loaded baked potato | <b>19</b><br>Lunch: Breakfast wraps,<br>fruit, veggie<br>Soup: Italian sausage              | <b>20</b><br>Lunch: Italian dunkers<br>Fruit, veggie<br>Soup: Creamy chicken                                     | <b>21</b><br>Lunch: Hot dog, fries,<br>Fruit, veggie<br>Soup: Cheesy broccoli        | <b>22</b><br>Lunch: Chicken tacos, dessert<br>Fruit, veggie<br>Soup: Chicken taco            |
| <b>25</b><br>Lunch: Spaghetti, bread stick,<br>Fruit, veggie<br>Soup: Minestrone      | <b>26</b><br>Lunch: Chicken salad sandwich,<br>Chips, fruit, veggie<br>Soup: Chicken & Rice | <b>27</b><br>Lunch: Texas Sombreros<br>Corn bread, fruit, veggie<br>Soup: Mexican chili                          | <b>28</b><br>Lunch: BBQ pork sandwich, fries<br>Fruit, veggie<br>Soup: Cheesy potato | <b>29</b><br>Lunch: Hot ham & cheese, chips,<br>Dessert, fruit, veggie<br>Soup: Potato & Ham |

### FREE BREAKFAST AND LUNCH FOR ALL STUDENTS ENROLLED IN CONRAD PUBLIC SCHOOLS!!!

BREAKFAST WILL VARY FROM DAY TO DAY. DEPENDING ON AVAILABILITY, BREAKFAST MAY INCLUDE ANY ONE OF THE FOLLOWING: BAGELS, MUFFINS, BREAKFAST BARS, POP TARTS, CEREAL OR ENGLISH MUFFINS. FRIDAYS WILL CONTINUE TO BE MAPLE BAR FRIDAY.

## MENU SUBJECT TO CHANGE DUE TO SHORTAGES OR COVID 19 CHANGES

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

- Carrots are in the vegetable food group.
- Today carrots come in many colors including purple, black, yellow, orange, red, and white and also range in size from a round 2-inch carrot to a slender 3-foot carrot!
- Baby-cut carrots are made from full-grown, thin carrots by peeling and cutting them to the desired size and shape. True baby carrots are harvested early and actually look like miniature carrots.

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

