

POLSON BREAKFAST

May 2021

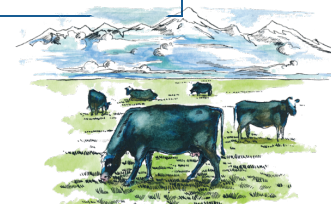


Monday	Tuesday	Wednesday	Thursday	Friday
3 PANCAKE WRAP ON A STICK CHEESE STICK APPLESAUCE MILK	4 SAUSAGE,EGG AND CHEESE BISCUIT GRAPES YOGURT MILK	5 CEREAL YOGURT EGG JUICE MILK	6 BANANA BREAD CHEESE STICK EGG MILK	7 NO SCHOOL
10 FRENCH TOAST FRESH FRUIT HARD EGG MILK	11 SAUSAGE,EGG AND CHEESE BURRITO YOGURT APPLESAUCE MILK	12 CEREAL YOGURT CHEESE JUICE MILK	13 GRANOLA BAR YOGURT EGG JUICE MILK	14 NO SCHOOL
17 MAPLE BURSTIN PANCAKES EGG PATTY CHEESE STICK FRESH FRUIT MILK	18 WESTERN OMELET YOGURT FRESH FRUIT MILK	19 CEREAL YOGURT EGG JUICE MILK	20 BLUEBERRY MUFFIN CHEESE STICK EGG APPLE SLICES MILK	21 NO SCHOOL
24 MINI BLUEBERRY PANCAKES FRESH BLUEBERRIES YOGURT MILK	25 BEAN AND CHEESE BURRITO EGG PATTY FRUIT MILK	26 CEREAL YOGURT CHEESE JUICE MILK	27 ULTIMATE BREAKFAST ROUND STRAWBERRY/BANANA CUP YOGURT MILK	28 NO SCHOOL
31 NO SCHOOL				



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

- Montana is home to more cattle than people and ranks 6th in the nation for the number of beef cattle.
- The first beef cattle arrived in the United States via Mexico in the 1500s, but more arrived in the early 1600s. In Virginia in 1620 about 500 cows roamed the fields, and less than a decade later the population increased to 30,000 bovines!
- Beef is an excellent source of vitamin B12 and protein and a good source of iron and vitamin B6. Protein helps build and repair body



POLSON LUNCH

May 2021



Monday	Tuesday	Wednesday	Thursday	Friday
3 CHEESE DOGS GRAPES TOSSED SALAD CHEZ-ITS MILK	4 FAJITA CHICKEN WRAP FRITOS APPLE SLICES BELL PEPPER STRIPS MILK	5 GRILL CHEESE HONEYDEW W/ BLACKBERRIES CHEX MIX CARROTS MILK	6 HAMBURGER GRAVY OVER MASHED POTATOS GREEN BEANS ROLL RAISINS MILK	7 REMOTES ONLY
10 CORNDOG CHIPS BROCCOLI BITES ORANGE MILK	11 TAQUITOS CORN COB TOSSED SALAD WATERMELON MILK	12 BREADED CHICKEN BURGER LETTUCE/TOMATO CHEZ-ITS FRUIT ROLL-UP RICE KRISPY TREAT MILK	13 CHEF SALAD W/ RANCH CINNAMON ROLL BANANA CRACKERS MILK	14 REMOTES ONLY
17 HAMBURGER LETTUCE/ TOMATO GRAPES CHEDDAR POPCORN MILK	18 PIZZA QUESADILLA TOSSED SALAD JELLO ORANGE	19TURKEY AND CHEESE SUB CHIPS CARROTS APPLE SLICES MILK	20 MAC AND CHEESE GREEN BEANS ROLL CANTALOUPE/STRAWBERRIES MILK	21 REMOTES ONLY
24 CHEESE BURGER LETTUCE/ TOMATO CHIPS STRAWBERRY FRUIT CUP MILK	25 SHEPHARDS PIE TOSSED SALAD ROLL MIXED FRUIT MILK	26 BEAN AND CHEESE BURRITO FIESTA CORN APPLES W/ CARAMEL SAUCE MILK	27 PIZZA STICKS TOSSED SALAD MANDARIN ORANGES W/ PINEAPPLE PUDDING MILK	28 REMOTES ONLY
31 NO SCHOOL				

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- Beef is an excellent source of vitamin B12 and protein and a good source of iron and vitamin B6. Protein helps build and repair body tissues including muscles.

