

# POLSON BREAKFAST

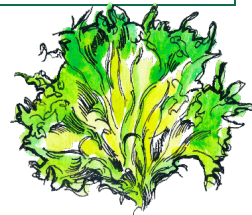
June 2021



Monday	Tuesday	Wednesday	Thursday	Friday
	1 CEREAL YOGURT CHEESE STICK JUICE MILK	2 BLUEBERRY MUFFIN CHEESE STICK EGG APPLE SLICES MILK	3 PANCAKE WRAP HARD EGG JUICE MILK	4 REMOTE LUNCHES ONLY
7 BANANA BREAD HARD EGG YOGURT JUICE MILK	8 ULTIMATE BREAKFAST ROUND HARD EGG CHEESE JUICE MILK	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

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

- Leafy greens are in the vegetable food group.
- The average American eats about 30 pounds of lettuce every year. That's about five times more than in the early 1900s.
- Most varieties that can be used for cooking, such as collards, kale, mustard greens, turnip greens, and bok choy, are part of the cabbage family (Brassica).



# Polson Lunch

June 2021



Monday	Tuesday	Wednesday	Thursday	Friday
	1 HAMBURGERS LETTUCE /TOMATOES ORANGES CHIPS MILK	2 CHICKEN WRAP CORN /BEAN SALAD APPLE SLICES PRETZEL STICKS MILK	3 HOT DOGS BANANA CARROTS CHIPS MILK	4 REMOTE LUNCHES ONLY
7 CHICKEN BURGERS TOSSED SALAD APPLE SLICES CHEZ-ITS MILK	8 CORN DOGS APPLE SLICES CARROTS RICE KRISPY TREAT MILK	9	10	11
14	15	16	17	18
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To learn more about Montana Harvest of the Month visit:  
[www.montana.edu/mtharvestofthemoth](http://www.montana.edu/mtharvestofthemoth)