


POLSON PIRATE BREAKFAST

MENU SUBJECT TO CHANGE WITHOUT NOTICE

SEPTEMBER 2021



Monday	Tuesday	Wednesday	Thursday	Friday
		1 BANANA SPLIT YOGURT PARFIATS JUICE MILK	2 OATMEAL ROUNDS CHEESE STICK STRAWBERRIES MILK	3 CHOCOLATE CHIP WAFFLES SAUSAGE LINKS ORANGES MILK
6 NO SCHOOL	7 MUFFIN & YOGURT BLUEBERRIES MILK	8 SCRAMBLE EGGS SAUSAGE TOAST KIWI MILK	9 OATMEAL BANANA TOAST MILK	10 PANCAKE ON A STICK HARD BOILED EGG MANDARIN ORANGES MILK
13 BACON ,EGG,&CHEESE BISCUIT CANTALOUPE W/ STRAWBERRIES MILK	14 DANISH YOGURT JUICE MILK	15 BANANA BREAD YOGURT BANANA MILK	16 BREAKFAST PIZZA APPLESAUCE MILK	17 POP TART EGG CHEESE STICK MILK ORANGE SMILES
20 MAPLE BURSTIN PANCAKES SAUSAGE LINKS STRAWBERRY & PINEAPPLE MILK	21 BISCUIT & HONEY BACON CHEESE STICK MILK	22 EGG AND CHEESE BURRITO JUICE WATERMELON WEDGES MILK	23 APPLE FRITTERS GRAPES CHEESE STICK MILK	24 FRENCH TOAST STICKS EGG JUICE MILK
27 BISCUITS & SAUSAGE GRAVY GRAPES MILK	28 OATMEAL COOKIE ROUNDS CHEESE STICK STRAWBERRIES CHEESE STICK MILK	29 SCRAMBLED EGGS W/ CHEESE TOAST BLUEBERRIES & BANANAS	30 PANCAKE ON A STICK CHEESE STICK JUICE MILK	

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



- Lentils are in the protein and vegetable food groups and were one of the first crops cultivated by humans.
- 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/mtharvestofthemonth

POLSON PIRATE LUNCH

SEPTEMBER 2021



Monday	Tuesday	Wednesday	Thursday	Friday
BURGER DAY	ITALIAN	MEXICAN	HOMESTYLE	PIZZA DAY
		1 SOFT BEEF TACOS RICE BEANS SALAD PINEAPPLE W/ MANDARINS	2 CHICKEN FRIED STEAK W/ GRAVY MASHED POTAOES SALAD GRAPES	3 PIZZA CORN SALAD APPLE BROWNIES
6 NO SCHOOL	7 CHICKEN MARINARA PASTA BROCCOLI GARLIC BREAD ORANGE SMILES	8 BEEF NACHOS W/ NACHO CHEESE SAUCE REFRIED BEANS SALAD APPLE SLICES	9 SHEPHARDS PIE ROLL SALAD PEACHES	10 STUFFED CHEESE PIZZA SALAD PINEAPPLE CHERRY COBBLER
13 BBQ ON A BUN COLESLAW CHIPS BLUEBERRIES/RAPSBERRY	14 MEATBALL SUB FRIED GREEN BEANS CARROTS APPLESAUCE	15 CHICKEN FAJITA SALAD FIESTA CORN HONEYDEW/ CANTALOUPE	16 TURKEY GRAVY OVER BISCUIT PEAS MIXED FRUIT	17 PIZZA CORN SALAD GRAPES CHOCOLATE CHIP COOKIE
20 HAMBURGER FRIES LETTUCE /TOMATO MANDARIN ORANGES	21 CHEESE TORTELLINI IN MARINARA SAUCE GARLIC BREAD BROCOLLI WATERMELON	22 BURRITO W/ CHEESE SAUCE PINTO BEANS SPANISH RICE BANANA	23 CHICKEN SLUGGERS CORN ON COB ROLL APPLE BANANA POUCH	24 STUFFED BREAD STICKS SALAD APPLE SLICES PEACH COBBLER
27 CHICKEN FRIED STEAK ON A BUN TATER KICKERS SALAD ORANGE SMILES	28 RAVIOLLI SALAD GARLIC TOAST WATERMELON /CANTALOUPE	29 SOFT BEEF TACOS SPANISH RICE REFRIED BEANS SALAD PINEAPPLE/ MANDARINS	30 CHICKEN POT PIE SALAD CORN APPLESAUCE CUPS	 

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