

POLSON PIRATE'S BREAKFAST

November 2021



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| 1 ASSORTED MUFFIN CHEESE STICK APPLESAUCE MILK | 2 BREAKFAST PIZZA BANANA MILK | 3 SCRAMBLE EGGS SAUSAGE PATTY TOAST JUICE MILK | 4 COLD CEREAL YOGURT JUICE MILK | 5 CINNAMON ROLL CHEESE STICK BLUBERRIES MILK |
| 3 CHICKEN & BISCUIT APPLESAUCE MILK | 9 BREAKFAST DOGS MANDARIN ORANGES HARD BOILED EGG MILK | 10 COLD CEREAL BANANA CHEESE STICK MILK | 11 BLUEBERRY OATMEAL TOAST JUICE MILK | 12 NO SCHOOL |
| 15 MAPLE BURSTIN PANCAKES CHEESE STICK ORANGES MILK | 16 CHEESY SCRAMBLED EGGS TOAST APPLE SLICES MILK | 17 DONUT KIWI & STRAWBERRIES CHEESE STICK MILK | 18 BISCUIT & HONEY SAUSAGE PATTY MIXED FRUIT MILK | 19 BANANA SPLIT PARFAITS JUICE MILK |
| 22 ULTIMATE OATMEAL ROUNDS YOGURT BANANA MILK | 23 FRENCH TOAST SAUSAGE PATTY BLUBERRIES MILK | 24 THANKSGIVING BREAK | 25 THANKSGIVING BREAK | 26 THANKSGIVING BREAK |
| 29 ASSORTED MUFFINS CHEESE STICK ORANGE SMILES MILK | 30 BREAKFAST PIZZA APPLE SLICES 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/mtharvestofthemoth



MENUS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY OF SOME ITEMS.

POLSON PIRATE'S LUNCH

November 2021



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 1 CHEESEBURGER CHIPS LETTUCE AND TOMATO FRUIT COCKTAIL MILK | 2 CORN DOGS PORK AND BEANS BANANA MILK | 3 PBJ CHIPS CARROTS APPLES MILK | 4 CHEF JIM'S CHICKEN NOODLE SOUP ROLL FRUIT MILK | 5 PIZZA SALAD W/ RANCH PINEAPPLE W/ CHERRIES MILK |
| 8 SHREDDED BBQ PORK ON A BUN CHIPS LETTUCE & TOMATO BANANA MILK | 9 TOMATO SOUP & GRILL CHEESE SANDWICH GRAPES MILK | 10 PBJ CHIPS CARROTS APPLES MILK | 11 SAUSAGE WRAP MARINATED CUCUMBERS MACARONI SALAD BANANA MILK | 12 NO SCHOOL |
| 15 CHEESEBURGER LETTUCE & TOMATO WHOLE GRAIN CHEEZ-ITS BLUEBERRIES MILK | 16 BBQ RIB E QUE COLESLAW PEACHES MILK | 17 PBJ CHIPS CARROTS APPLES SAUCE MILK | 18 GOBBLE, GOBBLE!!! THANKSGIVING DINNER WITH ALL THE FIXINS. YUM, YUM, YUM | 19 PIZZA CORN MANDARIN W/ PINEAPPLE MILK |
| 22 HAMBURGER CHIPS LETTUCE AND TOMATO ORANGE SMILES MILK | 23 CHICKEN BURGER LETTUCE & TOMATO CHIPS APPLES MILK | 24 THANKSGIVING BREAK | 25 THANKSGIVING BREAK | 26 THANKSGIVING BREAK |
| 29 CHEESE BURGER LETTUCE & TOMATO PORK AND BEANS APPLE SLICES MILK | 30 CHILI CORNBREAD MUFFINS W/ HONEY BUTTER ORANGE SMILES MILK | | | |

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