

MONTANA
Harvest
of the Month
Winter Squash



JANUARY

MON

TUE

WED

THU

***Parents- Check out our Health and Nutrition Boards at each site-They have great free resources and handouts!**

01



02



06



07

B: Ham & Cheese on English Muffins, Pineapple, Skim Milk
L: Fish Sticks, Green Salad, Pears, Skim Milk
S: WW Cinnamon Bread, Skim Milk

08

B: Corn Chex, Oranges, Skim Milk
L: Bean Burrito, Carrots & Ranch, Peaches, Skim Milk
S: Breadsticks, Nacho Cheese, Skim Milk

09

B: Baked Oatmeal, Bananas, Skim Milk
L: White Chicken Chilli, Tortilla Chips, Apples, Skim Milk
S: Dried Fruit Trail Mix, Skim Milk

13

B: Cream of the West, Strawberries, Skim Milk
L: Tuna Noodle Casserole, Green Beans, Peaches, Skim Milk
S: WW Crackers, Pepperonis & Cheese

14

B: Turkey Sausage Cornbread Bake, Pineapple, Skim Milk
L: Chicken Taco Wrap, Salad, Pears, Skim Milk
S: Kix Cereal, Oranges, Skim Milk

15

B: French Toast w/ Applesauce, Skim Milk
L: Turkey & Cheese Sandwiches, Pickles, Apples, Skim Milk
S: **Squash Bread**, Skim Milk

16

B: Cinnamon Toast Crunch, Oranges, Skim Milk
L: Navy Bean and Ham Soup, WW rolls, Mixed Fruit, Skim Milk
S: Apples & Peanut Butter, Skim Milk

20



21

B: English Muffins w/ Peanut Butter & Jelly, Pears, Skim Milk
L: Chicken Corn Dogs, Carrots, Oranges, Skim Milk
S: Pretzels & Cheese Sticks

22

B: Blueberry Bran Muffins, Applesauce, Skim Milk
L: Ham, Scalloped Potatoes, WW Rolls, Pineapple, Skim Milk
S: Graham Crackers & Yogurt

23 **Dude's Day!**

B: Cheerios, Bananas, Skim Milk
L: **Winter Squash Soup**, Turkey & Cheese Cubes, WW Crackers, Mandarin Oranges, Skim Milk
S: Mini Waffles & Peanut Butter, Skim Milk

27

B: Bagels & Cream Cheese, Blueberries, Skim Milk
L: Eldorado Casserole, Pears, Broccoli & Cauliflower, Skim Milk
S: Peanut Butter Oatmeal Energy Balls, Skim Milk

28

B: Potato, Veggie, Cheese Egg Bake, Skim Milk
L: Ham & Cheese Sandwiches, Carrots, Mixed Fruit, Skim Milk
S: WW Cinnamon Goldfish Graham Crackers w/ Peanut Butter, Skim Milk

29

B: Biscuits w/ Jelly & Honey, Mandarin Oranges, Skim Milk
L: Sweet & Sour Chicken, Rice, Coleslaw, Cook's Choice Fruit, Skim Milk
S: Pretzels, Cottage Cheese

30

B: Chex, Apples, Skim Milk
L: Pepperoni Pizza Soup, Crackers, Peaches, Skim Milk
S: Strawberry Bagel Bites, Skim Milk

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*Menu is subject to change.





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