

JANUARY

MONTANA
Harvest
of the Month

Winter Squash



MON

TUE

WED

THU

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

01 Winter Break



05 Winter Break



06

B: Berry Yogurt Parfait, Skim Milk
L: Chicken Nuggets, Apples, Carrot Sticks, Skim Milk
S: Bagels, Cream Cheese, Skim Milk

07

B: Cheerios, Clementines, Skim Milk
L: Ham, Scalloped Potatoes, WW Rolls, Peaches, Skim Milk
S: Orange Smoothie, Animal Crackers, Skim Milk

08

B: Cinnamon Swirl Bread, Applesauce, Skim Milk
L: Chili, Tortilla Chips, Bananas, Skim Milk
S: Pretzels, Cheese Sticks, Skim Milk

12

B: Cheesy Omelets, Pears, Skim Milk
L: Beef Tacos, Salad, Oranges, Skim Milk
S: Mini Waffles, SunButter, Skim Milk

13

B: Oatmeal, Peaches, Skim Milk
L: Chicken Drummies, Mac 'n Cheese, Snap Peas, Apples, Skim Milk
S: WW Crackers & Cheese Cubes, Skim Milk

14

B: Ham & Cheese English Muffins, Pineapple, Skim Milk
L: Baked Fish, Rice Pilaf, Broccoli, Pears, Skim Milk
S: Mixed Veggies, Pretzels, Ranch, Skim Milk

15

B: Chex Cereal, Oranges, Skim Milk
L: Creamy Broccoli & Cauliflower Soup, Turkey & Cheese Cubes, WW Crackers, Bananas, Skim Milk
S: **Squash Bread**, Apples, Skim Milk

19 No School!



20

B: Biscuits w/ Jelly & Honey, Mandarin Oranges, Skim Milk
L: Ham & Cheese Sandwiches, Carrot Sticks, Mixed Fruit, Skim Milk
S: Fish in the Boat (Celery, Goldfish & Cream Cheese), Skim Milk

21

B: Breakfast Pizzas, Bananas, Skim Milk
L: Sweet & Sour Chicken, Rice, Pineapple, Coleslaw, Skim Milk
S: Blueberry Oatmeal Muffins, Skim Milk

22

Dude's Day - Join us for snack & an activity!

B: Cheerios, Oranges, Skim Milk
L: Pepperoni Pizza Soup, WW Crackers, Apples, Skim Milk
S: Beef Sticks, Goldfish, Skim Milk

26

B: Turkey Sausage Egg Muffin Bake, Pineapple, Skim Milk
L: Spaghetti, Green Beans, Pears, Skim Milk
S: Bread Sticks, Marinara, Skim Milk

27

B: Bagel, Cream Cheese, Mandarin Oranges, Skim Milk
L: Tuna Sandwich, Cucumbers, Apples, Skim Milk
S: Ham Slices, Pineapple Bites, Skim Milk

28

B: Mini Waffles, Sausage Links, Peaches, Skim Milk
L: Chicken Corn Dogs, Carrots & Celery, Bananas, Skim Milk
S: Strawberry Bagel Bites, Skim Milk

29

B: Life Cereal, Applesauce, Skim Milk
L: Chicken & Wild Rice Soup, WW Rolls, Oranges, Skim Milk
S: Banana Bread, Apples, Skim Milk

An equal opportunity employer and provider.

*Menu is subject to change.

