

MONTANA
Harvest of the Month
Chickpeas & Lentils



MAY

MON

TUE

WED

THU

01

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

B: Cranberry Muffins, Oranges, Skim Milk
L: **Lentil Soup**, WW Rolls, Bananas, Skim Milk
S: Pretzel Bites & Queso, Skim Milk

05

B: WW English Muffin w/ Ham & Cheese, Pineapple, Skim Milk
L: Chicken Penne, Broccoli, Mixed Fruit, Skim Milk
S: WW Crackers, Cucumbers, Ranch, Skim Milk

06

B: French Toast, Baked Apples, Skim Milk
L: Ham, Rolls, Green Salad, Peaches, Skim Milk
S: WW Bagels & Cream Cheese, Skim Milk

07

B: Mixed Berry Yogurt Parfaits, Skim Milk
L: WW Tuna Melt, Pickles, Oranges, Skim Milk
S: Apple Slices, **Roasted Chickpeas**, Skim Milk

08 **Last day for ½ day classes!**

B: Cheerios, Pears, Skim Milk
L: Cheeseburger Soup, WW Rolls, Bananas, Skim Milk
S: Animal Crackers, Apples, Skim Milk
***½ day classes- End of year ice cream party after class!**

12

B: Oatmeal, Oranges, Skim Milk
L: Tater Tot Casserole, Green Beans, Peaches, Skim Milk
S: Banana Bread, Skim Milk

13

B: Cinnamon Bread, Applesauce, Skim Milk
L: Chicken Enchilada Casserole, Salad, Pears, Skim Milk
S: Celery Boats w/ Goldfish & Cream Cheese, Skim Milk

14

B: Cinnamon Toast Crunch, Mandarin Oranges, Skim Milk
L: Cheese Pizza, Pineapple, Broccoli, Skim Milk
S: Trail Mix, Skim Milk

15

B: Breakfast Fruit Pizza, Skim Milk
L: Tomato Soup, Cold Cheese Sandwich, Apples, Skim Milk
S: Strawberry Bagel Bites, Skim Milk

19

B: Pumpkin Muffins, Applesauce, Skim Milk
L: Spaghetti, Garden Salad, Peaches, Skim Milk
S: Berry Smoothie, Graham Crackers, Skim Milk

20

B: Cheesy Scrambled Eggs, WW Bread, Cantaloupe, Skim Milk
L: Chicken Corn Dogs, Carrots, Mandarin Oranges, Skim Milk
S: Chex Mix, Skim Milk

21

B: Biscuits w/ Jelly & Honey, Strawberries, Skim Milk
L: BBQ Pork WW Sandwich, Coleslaw, Pineapple, Skim Milk
S: WW Cinnamon Bread, Skim Milk

22 **Last day for full day classes!**

B: Kix, Oranges, Skim Milk
L: Chicken Noodle Soup, Bananas, Chocolate Milk!
S: Cinnamon Goldfish Graham Crackers w/ Peanut Butter, Skim Milk
*** End of year ice cream party after class!**

An equal opportunity employer and provider.

*Menu is subject to change.

