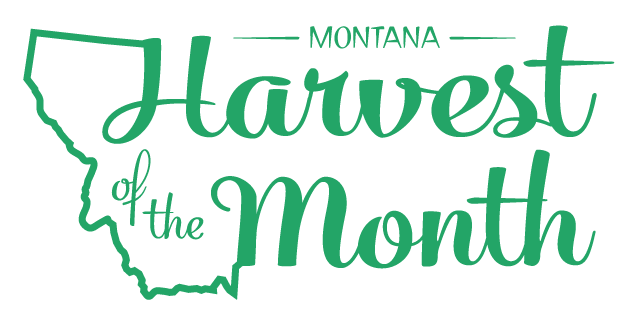
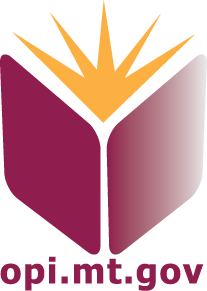
**The Fork –Tentative Menu**

**September 2017**



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  |  | 1  NO SCHOOL |
| 4  Labor Day | 5  Deli Turkey Sandwich | 7  Pizza  Fruit | 8  Chicken Nuggets | 9  Cheeseburger |
| 12  Spaghetti | 13  Mini Pancakes  Vanilla Yogurt  Blueberries | 14  Pizza | 15  Beef Taco | 16  Baked Chicken Sandwich |
| 19  Macaroni Beef Bake | 20  Egg Roll  Seasoned Rice | 21  Pizza | 22  Nachos | 23  Tuna Sandwich |
| 26  Tomato Soup/Toasted Cheese | 27  Mini Pancakes | 28  Pizza | 29  Chicken Fajita | 30  Chicken Corn Dog |



Grades 6-8 Choices

M Pizza or Deli Sandwich

T Cheeseburger or Deli SW

W Chicken Sandwich or Deli SW

TH Burrito Bowl or Deli SW

F Pizza or Deli Sandwich

Grades 9-12 Choices

M Pizza, Deli Sandwich, Rice Bowl

T Chicken Sandwich, Deli Sandwich,

W Rice Bowl

TH Pizza

F Chicken Sandwich

All Lunches served with our awesome Salad Bar

Fruit and 8oz Milk

Contact Info:

837-7409

**Summer Squash** are this month’s Harvest of the Month. Did you know…

* Summer squash are in the vegetable food group.
* Zucchini is the most common variety of summer squash. Summer squash are harvested in the summer and have thin skins and soft flesh. Winter squash, on the other hand, are harvested later in the season and have thick rinds.
* Summer squash are members of the Cucurbitaceae (Cucurbit) family, which includes melons, pumpkins, cucumbers, and gourds.

To learn more about Montana Harvest of the Month visit: www.montana.edu/mtharvestofthemonth