**The Fork –Tentative Menu**

**September 2017**



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