

**December 2022**

**Your School Name/Logo**

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  | 1  Write Here | 2  Write Here |
| 5  Write Here | 6  Write Here | 7  Write Here | 8  Write Here | 9  Write Here |
| 12  Write Here | 13  Write Here | 14  Write Here | 15  Write Here | 16  Write Here |
| 19  Write Here | 20  Write Here | 21  Write Here | 22  Write Here | 23  Write Here |
| 26  Write Here | 27  Write Here | 28  Write Here | 29  Write Here | 30  Write Here |



**Lentils** are this month’s Harvest of the Month food. Did you know…

* Lentils are in the protein and vegetable food groups and were one of the first crops cultivated by humans.
* Montana is the top producer of lentils in the United States, producing almost 40% of the lentils grown in this country!
* Like other legumes, lentils add nitrogen to the soil, improving soil health. This makes them a good rotational crop with wheat and other grains.

To learn more about Montana Harvest of the Month visit:

https://mtharvestofthemonth.org/