

**January 2024**

**Your School Name/Logo**

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1  Write Here | 2  Write Here | 3  Write Here | 4  Write Here | 5  Write Here |
| 8  Write Here | 9  Write Here | 10  Write Here | 11  Write Here | 12  Write Here |
| 15  Write Here | 16  Write Here | 17  Write Here | 18  Write Here | 19  Write Here |
| 22  Write Here | 23  Write Here | 24  Write Here | 25  Write Here | 26  Write Here |
| 29  Write Here | 30  Write Here | 31  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/