

**January 2024**

**Your School Name/Logo**

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1Write Here | 2Write Here | 3Write Here | 4Write Here | 5Write Here |
| 8Write Here | 9Write Here | 10Write Here | 11Write Here | 12Write Here |
| 15Write Here | 16Write Here | 17Write Here | 18Write Here | 19Write Here |
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**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/