

September 2021

Elementary School Menu Kalispell Public Schools Food Service

Lunch includes: entrée listed below, fruit, milk, and veggie

Hummus and Roll OR Peanut-Butter (or Sunbutter) and Jelly Sandwich available as a substitution with advance request.

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability. This institution is an equal opportunity provider.



Brassicas

	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH MENU:	For questions about the menu, student accounts or eligibility for free or reduced meals please call FS Office 406-751-3443.				
Breakfast and Lunch Free of Charge for all students for the 21-22 School Year Adult: \$3.50 For Lunch Adult Breakfast \$2.00 Local Now: Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more! See Breakfast Menu on Reverse Page →			1 Chicken Patty on WG Bun w/ Veggie, Fruit and Milk	2 Burrito w/ Salsa and Sour Cream w/ Veggie, Fruit and Milk	3 Pizza w/ Veggie, Fruit and Milk
	6 NO SCHOOL LABOR DAY	7 Creamy Chicken Alfredo Pasta w/ Peas, Bacon	8 Local Hot Dog w/ coleslaw, Veggies, fruit and milk	9 Swedish Meatballs w/ Potatoes and Gravy and Dinner Roll	10 Pizza w/ Veggies, Fruit and Milk
	13 Chicken Tenders w/ Honey Mustard Sauce w/ Veggie, Fruit and Milk	14 Mac 'n' Cheese w/ Dinner Roll, Veggies, Fruit and Milk	15 Beefy Tacos w/ Cheese, Sour Cream and Salsa	16 Hoagie Sandwich and Baked Chips w/ Veggie, Fruit and Milk	11 Pizza w/ veggie, fruit and milk
	20 Fiesta Chicken w/ WG Rice, fruit, veggies and milk	21 Spaghetti w/ Meat Sauce, Dinner Roll w/ fruit, veggie and milk	22 Burrito w/ Salsa and Sour Cream, Veggie, Fruit and Milk	23 Monte Cristo Sandwich w/ Syrup and Raspberry Jam, Veggie, Fruit and Milk	24 Pizza w/ Veggie, Fruit and Milk
	27 Chicken Taco w/ Sour Cream, Salsa, Cheese, w/ fruit, veggie and milk	28 Cowboy Pasta Salad w/ fruit, veggie and milk	29 White Chicken Chili w/ Tortilla Chips w/ fruit, veggie, and milk	30 Corn Dog w/ fruit, veggie and milk	
	All students must take at least ½ cup of fruit and/or vegetable to complete a school lunch. A School Lunch Includes: (600-650 total calories), 1 cup milk, 1-2oz. protein, 1-2oz. grain, ¾ cup vegetables, ½ cup fruit, Students Must take at least ½ cup of fruit/vegetable.				

BREAKFAST in the Cafeteria MENU Free for all students for the 21-22 School Year Adult \$2.00	<u>Homemade Muffin and String Cheese with Fruit and Milk</u>	<u>Biscuits and Gravy with Fruit and Milk</u>	<u>Oatmeal Or Whole Grain Cereal with Fruit and Milk</u>	<u>WG Pancakes w/ Cinn. Sugar, Fruit String Cheese, Fruit and Milk</u>	Bagel w/ Cream Cheese, Yogurt with Fruit and Milk
BREAKFAST In the Classroom – Cayuse Prairie	<u>Homemade Muffin w/ String Cheese Fruit and Milk</u>	<u>Bagel w/ Cream Cheese, string cheese, fruit and milk</u>	<u>Pancake w/ Cinnamon Sugar w/ Fruit and Milk</u>	<u>WG Pancakes w/ Cinn. Sugar, Fruit, String Cheese and Milk</u>	UBR or Benefit Bar w/ Fruit and Milk



September Harvest of the Month: Brassicas

Every month, KPS highlights a farm fresh fruit, vegetable, or grain in season in Montana. Look for the Harvest of the Month on the lunch menu, in cafeteria taste tests, and take home recipes.

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