

October 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.



Apples



	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH MENU: 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!	For questions about the menu, student accounts or eligibility for free or reduced meals please call FS Office 406-751-3443.				
					1 Pizza w/ Veggie, Fruit and Milk
	4 Chicken Patty on WG Bun w/ Fruit, Veggie and Milk	5 Mac 'n' Cheese w/ Dinner Roll, Fruit, Veggie and Milk	6 Corn Dog w/ Fruit, Veggie, and Milk Early Out	7 Homemade Chili w/ Cheese, Cornbread, Fruit, Veggie and Milk	8 Pizza w/ Veggies, Fruit and Milk
	11 WG Pancakes w/ Syrup, Local Sausage, Veggie, Fruit and Milk	12 Beef Taco w/ Cheese, Salsa and Sour Cream, Veggie, Fruit and Milk	13 Hoagie on WG Bun w/ Fruit, Veggie and Milk Early Out	14 Swedish Meatballs w/ Mashed Potatoes and Gravy, Dinner Roll, Fruit, Veggie and Milk	15 Pizza w/ Veggie, Fruit and Milk
	18 Chicken Tenders w/ Honey Mustard and Biscuit, Fruit, Veggie and Milk	19 Spaghetti w/ Meat Sauce, Dinner Roll, Fruit, Veggie and Milk	20 Burrito w/ Salsa and Sour Cream, Veggie, Fruit and Milk Early Out	21 NO SCHOOL	22 NO SCHOOL
	25 Monte Cristo w/Syrup, Jam, Fruit, Veggie and Milk	26 Cheeseburger on Whole Grain Bun w/ Fruit, Veggie and Milk	27 Local Hot Dog on WG Bun, Fruit, Veggie and Milk Early Out	28 Cowboy Pasta Salad w/ Dinner Roll w/ Fruit, Veggie and Milk	29 NO SCHOOL
	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, 3/4 cup vegetables, 1/2 cup fruit, Students Must take at least ½ cup of fruit/vegetable.				
BREAKFAST MENU Free for all students for the 21-22 School Year Adult \$2.00	Homemade Muffin and String Cheese with Fruit and Milk	Oatmeal or Whole Grain Cereal with String Cheese, Fruit and Milk	Biscuit and Sausage Gravy with Fruit and Milk	WG Pancakes w/ Cinn. Sugar, String Cheese, Fruit, and Milk	Bagel w/ Cream Cheese, Yogurt, Fruit and Milk



October Harvest of the Month: Apples

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.