

# November 2021

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.**



## Winter Squash

	Monday	Tuesday	Wednesday	Thursday	Friday
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<p><b>LUNCH MENU:</b></p> <p><b>Breakfast and Lunch Free of Charge for all students for the 21-22 School Year</b> Adult: \$3.50 For Lunch Adult Breakfast \$2.00</p> <p><b>Local Now:</b> Apples, Carrots Burgers, Lentils, Wheat Montana Bread, Squash, And more!</p> <p>See <b>Breakfast Menu</b> on Reverse Page →</p>	For questions about the menu, student accounts or eligibility for free or reduced meals please call FS Office 406-751-3443.				
	1 Pulled Pork sandwich w/ BBQ Sauce w/ Fruit, Veggie and Milk	2 Mac 'n' Cheese w/ Dinner Roll w/ Fruit, Veggie and Milk	3 Chicken Patty on WG Bun w/ Fruit, Veggie and Milk	4 Burrito w/ Salsa and Sour Cream, Fruit, Veggie and Milk	5 Pizza w/ Veggie, Fruit and Milk
	8 Chicken Tenders w/ Honey Mustard, Dinner Roll Fruit, Veggie and Milk	9 Pancakes w/ Local Sausage, Fruit, Veggie and Milk	10 Local Hot Dog on WG Bun w/ fruit, veggie and milk	11 Spaghetti w/ Meatballs Dinner Roll, Fruit, Veggie and Milk	12 Pizza w/ Veggies, Fruit and Milk
	15 Cheeseburger on WG Bun, Veggie, Fruit and Milk	16 BBQ Chicken on WG Bun w/Veggies, Fruit and Milk	17 Hoagie Sandwich on WG Bun w/ Fruit, Veggie and Milk	18 Turkey Gravy w/ Mashed Potatoes, Dinner Roll, Fruit, Veggie and Milk	19 Pizza w/ veggie, fruit and milk
	22 Beef Taco w/ Cheese, Salsa and Sour Cream, Fruit, Veggie and Milk	23 Corn Dogs w/ Fruit, Veggie and Milk	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
	29 Monte Cristo w/syrup, jam, fruit, veggie and milk	30 Sloppy Joes on WG Bun w/ fruit, veggie and milk			

<p style="text-align: center;">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.</p>					
<p><b>BREAKFAST  in the  Cafeteria  MENU</b></p> <p>Free for all  students for the  21-22 School  Year  Adult \$2.00</p>	<p><u>Homemade Muffin  and String Cheese  with Fruit and Milk</u></p>	<p><u>Oatmeal or Whole  Grain Cereal with  String Cheese, Fruit  and Milk</u></p>	<p><u>Biscuits and  Sausage Gravy</u>  with Fruit and Milk</p>	<p><u>Oatmeal or WG  Cereal, Fruit String  Cheese, Fruit  and Milk</u></p>	<p>Bagel w/ Cream  Cheese, Yogurt  with Fruit and Milk</p>



**November Harvest of the Month: Winter Squash**

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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