

December 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.



Lentils



	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 Chicken Patty on WG Bun with Fruit, Veggie and Milk	2 Cheeseburger on WG Bun with Fruit, Veggie and Milk	3 Pizza with Veggie, Fruit and Milk
	6 BBQ Pulled Pork on WG Bun with Fruit, Veggie and Milk	7 Beef Taco with Cheese, Salsa, Sour Cream, Fruit, Veggie and Milk	8 Local Hot Dog on WG Bun with Fruit, Veggie, and Milk	9 Chili with Cornbread, Fruit, Veggie and Milk	10 Pizza with Veggies, Fruit and Milk
	13 Chicken Tenders with Veggie, Fruit and Milk	14 Spaghetti with Meat Sauce, Dinner Roll, Veggies, Fruit and Milk	15 Hoagie Sandwich on WG Bun with Fruit, Veggie and Milk	16 Sloppy Joes on WG Bun with Fruit, Veggie and Milk	17 Pizza with Veggie, Fruit and Milk
	20 Monte Cristo Sandwich with Syrup, Jam, Fruit, Veggie and Milk	21 Burrito with Salsa, Sour Cream, Fruit, Veggie and Milk	22 Corn Dog with Fruit, Veggie and Milk	23 NO SCHOOL	24 NO SCHOOL
	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 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, ¾ cup vegetables, ½ cup fruit, Students Must take at least ½ cup of fruit/vegetable.				
BREAKFAST Free for all students for the 21-22 School Year Adult \$2.00	Homemade Muffin and String Cheese with Fruit and Milk	Oatmeal or WG Cereal with String Cheese, Fruit and Milk	Biscuits and Sausage Gravy with Fruit and Milk	Oatmeal or WG Cereal with String Cheese, Fruit and Milk	Bagel w/ Cream Cheese, Yogurt with Fruit and Milk



December Harvest of the Month: Lentils

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 recipes to take home.