

# January 2022

## 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.**



### Carrots

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>LUNCH MENU:</b>  <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  <b>Local Now:</b> 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.				
	3 <b>NO SCHOOL</b>	4 Chicken Patty on a WG Bun w/ Fruit, Veggie and Milk	5 Local Hot Dog on WG Bun w/Fruit, Veggie and Milk  <b>EARLY OUT</b>	6 Burrito w/ Salsa and Sour Cream, Fruit, Veggie and Milk	7 Pizza w/ Fruit, Veggie and Milk
	10 Spaghetti and Meatballs w/ Dinner Roll, Fruit, Veggie and Milk	11 Chicken Taco w/ Cheese, Salsa, Sour Cream, Fruit, Veggie and Milk	12 Hoagie on WG Roll w/ Fruit, Veggie, and Milk  <b>EARLY OUT</b>	13 White Chicken Chili w/ Cornbread, Fruit, Veggie and Milk	14 Pizza w/ Fruit, Veggie and Milk
	17 <b>NO SCHOOL/PIR DAY</b>	18 Chicken Patty on WG Bun, Fruit, Veggie and Milk	19 Sloppy Joe on WG Bun w/ Fruit, Veggie and Milk  <b>EARLY OUT</b>	20 Salisbury Steak w/ Mashed Potatoes and Gravy, Dinner Roll, Fruit, Veggie and Milk	21 Pizza w/ Fruit, Veggie and Milk  <b>EARLY OUT</b>
	24 Chicken Strips w/ Honey Mustard or Ranch, Fruit, Veggie and Milk	25 Beef Taco w/ Cheese, Salsa, Sour Cream, Fruit, Veggie and Milk	26 Corn Dog w/ Fruit, Veggie and Milk  <b>EARLY OUT</b>	27 Cheeseburger on WG Bun w/ Fruit, Veggie and Milk	28 Pizza w/ Fruit, Veggie and Milk
	31 Monte Cristo w/ Syrup, Raspberry Jam, 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.				
<b>BREAKFAST MENU</b>  Free for all students for the 21-22 School Year Adult \$2.00	Homemade Muffin With String Cheese, Fruit and Milk	Oatmeal or Whole Grain Cereal with String Cheese, Fruit and Milk	Biscuits and Sausage Gravy with Fruit and Milk	Oatmeal or Whole Grain Cereal with String Cheese, Fruit, and Milk	Bagel w/ Cream Cheese, Yogurt, Fruit and Milk



### January Harvest of the Month: Carrots

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.