

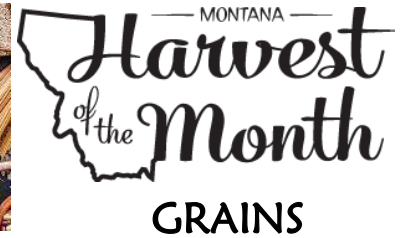
March 2022

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.



	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 w/ Fruit, Veggie and Milk	2 Beef Nachos w/ Cheese, Sour Cream and Salsa w/ Fruit, Veggie and Milk	3 Local Hot Dog on WG Bun, w/ Fruit Veggies and Milk	4 Pizza w/ Veggie, Fruit and Milk
	7 Chicken Tenders w/ Honey Mustard Sauce, Dinner Roll, Fruit, Veggie and Milk	8 Sloppy Joe on WG Bun, Fruit, Veggie and Milk	9 Pancake w/ Sausage on a Stick w/ Fruit, Veggie, and Milk	10 Red Beans and Rice w/ Sausage, Fruit, Veggie and Milk	11 Pizza w/ Veggies, Fruit and Milk
	14 Spaghetti w/ Meat Sauce and Dinner Roll Veggies, Fruit and Milk	15 Taco Burger w/ Cheese on WG Bun, Veggies, Fruit and Milk	16 Hoagie Sandwich on WG Roll w/ Fruit, Veggie and Milk	17 White Chicken Chili w/ Cheese, Dinner Roll, Fruit, Veggie and Milk	18 Pizza w/ Veggie, Fruit, and Milk
	21 -----NO-----	22 SCHOOL -----	23 SPRING -----	24 BREAK -----	25 -----
	28 Burrito w/ Salsa and Sour Cream, Fruit, Veggie and Milk	29 Creamy, Cheesy, Chicken and Rice Fruit, Veggie and Milk	30 Monte Cristo Sandwich w/ Syrup and Jam, Fruit, Veggie and Milk	31 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, 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	WG Cereal or Oatmeal and String Cheese w/ Fruit and Milk	Homemade Muffin & Fruit Smoothie or Whole Grain Cereal w/ String Cheese, Fruit and Milk	Biscuit with Scrambled Eggs w/ Diced Ham and Cheese with Fruit and Milk	Breakfast Burrito w/ String Cheese, Fruit and Milk	Bagel w/ Cream Cheese, Yogurt, Fruit and Milk



March Harvest of the Month: Grains

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.