

April 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.



Chickpeas

	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 with Veggie, Fruit, and Milk	
	4 Chicken Patty on WG Bun with Fruit, Veggie and Milk	5 Beefy Nachos w/ Salsa, Sour Cream, Fruit, Veggie and Milk	6 Local Hot Dog on WG Bun w/ Fruit, Veggie and Milk	7 Lemon Pasta w/ Chickpeas, Dinner Roll, Fruit, Veggie and Milk	8 NO SCHOOL	
	11 Chicken Tenders and Dinner Roll, Veggies, Fruit, and Milk	12 Taco Burger w/ Cheese on WG Bun, Veggies, Fruit, and Milk	13 Pancake w/ Sausage on a stick w/ Fruit, Veggie and Milk	14 Red Beans and Rice, Dinner Roll, Fruit, Veggie and Milk	15 Pizza with Veggie, Fruit, and Milk	
	18 Pulled Pork w/ BBQ Sauce on a WG Bun w/ Fruit, Veggie and Milk	19 Creamy Cheesy Chicken Tacos w/ Salsa, Fruit, Veggie and Milk	20 Hoagies on WG Bun w/ Fruit, Veggie and Milk	21 Swiss Steak w/ Mashed Potatoes, Dinner Roll, Fruit, Veggie and Milk	22 Pizza with Veggie, Fruit, and Milk	
	25 Burrito w/ Salsa and Sour Cream, Fruit, Veggie and Milk	26 Cheeseburger on a WG Bun with Fruit, Veggie and Milk	27 Monte Cristo w/ Syrup and Jam, Fruit, Veggie and Milk	28 Corn Dog with Fruit, Veggie and Milk	29 Pizza with Veggie, Fruit, 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 Cafeteria MENU Free for all students for the 21-22 School Year Adult \$2.00	WG Cereal or Oatmeal with String Cheese, Fruit, and Milk	Homemade Muffin with a Fruit Smoothie or Whole Grain Cereal with String Cheese, Fruit, and Milk	Biscuit with Diced Ham and Cheese Scrambled Eggs with Fruit and Milk	Breakfast Burrito w/ String Cheese, Fruit, and Milk	Bagel w/ Cream Cheese, Yogurt, Fruit and Milk	



April Harvest of the Month: Chickpeas

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.