

May/June 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.



Beef

	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				
	2 Chicken Patty on WG Bun w/ Fruit, Veggie and Milk	3 White Chicken Chili w/WG Dinner Roll, Fruit, Veggie and Milk	4 Local Hot Dog on WG Bun, Fruit, Veggie and Milk	5 Beefy Tacos w/ Cheese, Salsa and Sour Cream, Fruit, Milk and Veggie	6 Pizza w/ Veggie, Fruit, and Milk
	9 Chicken Tenders w/WG Dinner Roll, Fruit, Veggie and Milk	10 Hoagie on WG Bun, Fruit, Veggie and Milk	11 Pancake/Sausage on a Stick, w/ Syrup, Fruit, Veggie, and Milk	12 Burrito w/ Salsa, Sour Cream, Fruit, Veggie and Milk	13 Pizza w/ Veggie, Fruit, and Milk
	16 BBQ Pulled Pork on WG Bun with Veggies, Fruit, and Milk	17 Beef Taco w/ Cheese, Salsa and Sour Cream, Veggies, Fruit, and Milk	18 Monte Cristo w/ Syrup and Jam, Fruit, Veggie and Milk	19 Swiss Steak w/ Mashed Potatoes, Dinner Roll, Fruit, Veggie and Milk	20 Pizza w/ Veggie, Fruit, and Milk
	23 Corn Dog with Fruit, Veggie and Milk	24 Cheeseburger on WG Bun with Fruit, Veggie and Milk	25 Hoagie Sandwich on WG Bun with Fruit, Veggie and Milk	26 Creamy Cheesy, Chicken Taco with Fruit, Veggie and Milk	27 Pizza w/ Veggie, Fruit, and Milk
	30 MEMORIAL DAY NO SCHOOL	31 Sloppy Joe on WG Bun with Fruit, Veggie and Milk	June 1 Chicken Patty on a WG Bun with Fruit, Veggie and Milk	June 2 Hot Dog w/ Fruit, Veggie and Milk	June 3 Pizza w/ Veggie, Fruit, and Milk
	June 6 Chicken Tenders with Dinner Roll, Fruit, Veggie and Milk	June 7 Pancake/Sausage on a Stick with Syrup, Fruit, Veggie and Milk	June 8 Hoagie Sandwich on WG Bun w/ Fruit, Veggie and Milk	June 9 Burrito w/ Salsa, Sour Cream, Fruit, Veggie and Milk	June 10 Pizza, 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 MENU Free for all students for the 21-22 School Year Adult \$2.00	WG Cereal or Oatmeal and String Cheese with Fruit and Milk	Homemade Muffin with Fruit Smoothie or Whole Grain Cereal with String Cheese, Fruit, and Milk	Biscuit and 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

May Harvest of the Month: Beef

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.