

October 2021

High School Menu Kalispell Public Schools Food Service



APPLES

Lunch includes: protein option, whole grain option, seasonal fruit, Veggie, and milk.

Breakfast Includes: protein, grain, milk, and fruit.

Milk Choices: Skim, 1% and 1% chocolate

All breads, tortillas and grains are at least 50% whole grain

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Free for 21-22 School Year, All Students Adult: \$2.00	Egg, Ham n Cheese English Muffin OR Homemade Muffin with a String Cheese	Breakfast Burrito OR Pancakes and an 8 oz Fruit Smoothie	Oatmeal OR WG Cereal Fruit and Milk, Yogurt or String Cheese	Cheesy Eggs and a WG Bagel OR Pancakes and an 8 oz Fruit Smoothie	Egg n Cheese English Muffin OR WG Cereal
	Available Daily: Cereal, Seasonal Fresh Fruit, Choice of Milk, Ubr Bar or Benefit Bar, Hard-Boiled Egg, Whole Grain Fruit Muffin, Whole Grain Bagel with Cream Cheese TO GO BREAKFAST OPTIONS: Whole Piece of Fruit, Granola Bar or Muffin, and Choice of Milk				
Home Style Cooking Menu LUNCH: Free for 21-22 School Year, All Students Adult: \$3.50 Milk \$0.45 Now Local: Burgers Beets, Potatoes, , Pesto, Carrots Lentils, Apples and more!					1 Turkey Bacon Wrap
	4 Mac 'n' Cheese, Broccoli and Dinner Roll	5 Pulled Pork on WG Bun with Apple Slaw	6 Rice/Lentil Bowl w/ sausage	7 Chicken Patty on WG Bun	8 Veggie Wrap w/ Hummus
	11 Meatball Subs w/ Marinara and Mozzarella	12 Corn Dog w/ Baked Chips	13 Sweet Chili Rice Bowl w/ Chicken	14 Chicken Caesar Wraps	15 Pizza Burger w/ Mozzarella on WG Bun
	18 Monte Cristo Sandwich w/ syrup and jam	19 Beefy Burrito w/ WG tortilla, cheese, salsa and sour cream	20 Italian Pasta Bowl		21 22 NO SCHOOL
	25 Buffalo Chicken Bowl	26 Chili w/ Cornbread	27 Moroccan Global Bowl	28 Cooks Choice	29 Cooks Choice
	A school lunch includes: 750-850 calories: 1 cup milk, 2 oz. protein, 2 oz. grain, 1 cup veg., 1 cup fruit				
	Menu subject to change without notice, due to price and availability.				
Grill Menu	Grill Ham & Cheese, or Breaded Chicken Patty	Cheeseburger, & Baked Chips	Grilled Chicken Patty	Corn Dog and Baked Chips	Grilled Cheese Sandwich Baked Chips
	Pizza Menu				
Pizza Menu	Chicken Quesadilla	BBQ Chicken Pizza or Hawaiian Pizza	Chicken-Spinach Pizza	Pesto-Ranch Pizza	Sausage or Mini Pita Pizza
	Available Daily: Cheese & Pepperoni Pizza				
Deli Menu	-Crunch Hawaiian Chicken Wrap -Caesar Salad w/ chicken	- Tuna Salad Sandwich -Greek Salad with Garbanzo and Feta	Spinach Salad with Hardboiled Egg and Cheese	Egg-Salad Sandwich Caesar Salad with Chicken	Pita Hummus Plate Taco Salad with WG Chips
	Available Daily: Assorted Deli Sandwiches, PB &J, Veggie Wrap with Hummus & Cheese Deli Salad with Meat & Cheese, Vegetarian Spring Mix & Spinach Salad				
Soup Menu	Chicken Tortilla	Beef and Barley	Chicken Noodle or Vegetarian Vegetable	Broccoli Cheddar	Chicken with Wild Rice
	Soup(and Fruit/Veg) or Salad as a Full Student Meal come with Milk, a Roll, or Whole Grain Bread.				

Salad Bar	Available Daily: Lettuce Mix, Carrots, Broccoli, Black Beans, Kidney Beans or Garbanzo Beans, Broccoli, Tomatoes, Cucumber, Celery
	Assorted items available throughout the week: Quinoa, Barley, Lentil Salads, Pasta Salad Potato Salad, Radishes, Snap Peas, Bell Peppers, Celery, Zucchini, Lentil Hummus, Cauliflower, Green Beans, Other Seasonal Vegetables and Fruit